



Serves 2 (each serving contains approximately 460 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

225g curly kale
1 red pepper
½ cucumber
15 cherry tomatoes
100g whole cooked beetroot (from vac-pack or baby fine to use too)

250g cooked wholegrain rice (either leftover or use readymade from a pouch)
100g goat's cheese
2 teaspoons ranch dressing (10g - see separate recipe)
salt (optional) and freshly ground black pepper

Method

Cut away all the tough stalks from the kale and then very finely shred so that it looks like confetti. Cut the pepper in half, remove and discard the core and seeds, then dice. Cut the cucumber in half again down the length and cut into half-moon shaped slices. Cut the cherry tomatoes in half and cut the beetroot into small chunks if large or into quarters if baby.

If using rice from a pouch cook it in the microwave according to packet instructions and then spread out on to a tray to ensure it cools quickly. If you are using leftover rice do not reheat, just run your fingers through it to separate out the grains.

Fold the kale into the cooled rice with the cucumber, red pepper and cherry tomatoes. Season with a little salt (optional) and pepper to taste and fold in to combine.

Divide the salad between bowls, then scatter the beetroot on top and crumble over the goat's cheese. Drizzle with the ranch dressing to serve.