



Warm Kale and Quinoa Bounty Bowls with Ginger and Lime Dressing

Serves 4 | Preparation time 10 minutes | Cooking time 20 minutes

WHAT YOU'LL NEED

Spicy Ginger and Lime Dressing
3 Tbsp sesame oil
3 Tbsp soy sauce
2-3 tsp fish sauce
1-2 Tbsp honey
1 clove garlic, minced
1 red chilli, deseeded and finely chopped
2 tsp grated fresh ginger
juice of 2 limes
2-3 Tbsp hot water

200g streaky bacon
½ cup quinoa
2 Tbsp pumpkin seeds
2 Tbsp sunflower seeds
4 heaped cups finely chopped kale (about 400g)
1 tin lentils or chickpeas, drained
100g feta or soft goats cheese
2 Tbsp chopped fresh mint
2 Tbsp chopped fresh basil
1 ripe avocado, peeled and roughly chopped

WHAT TO DO

1. Fry the bacon in a little olive oil or coconut oil until crispy and golden. Remove and set aside to drain on kitchen paper.
2. Meanwhile, cook the quinoa according to packet instructions.
3. Add all of the seeds to a small non-stick pan and toast gently over a low heat, stirring from time to time, until golden and fragrant.
Remove from the heat and set aside to cool.
4. To a large mixing bowl, add your kale, along with 1 Tbsp olive oil and 1 Tbsp lemon juice and a pinch of salt and 'massage' gently with your hands until the fibres have broken down and it is quite pliable, 2-3 minutes (this step is optional but make the kale more tender and easier to digest).
5. Layer in all of the remaining ingredients and set aside while you make the dressing.
Dress just before serving and divide into large bowls.