



## SALAD FOR NANA

### INGREDIENTS:

#### *Salad:*

- 1/3 glass wholegrain couscous
- 2 large handfuls kale
- 1 handful broccoli sprouts
- 3 slices Sokolow Szynka Basiuni ham
- 10 red cherry tomatoes
- 10 yellow cherry tomatoes
- 1 small avocado
- 1-2 tablespoons lemon juice
- 2-3 tablespoons dried white mulberry
- salt

#### *Sauce:*

- 5-6 tablespoons milk thistle oil
- 1-2 cloves garlic
- 1 teaspoon honey
- 1 tablespoon oregano leaves
- 2 tablespoons white wine vinegar
- salt, freshly ground pepper

---

### PREPARATION:

1. Mix dressing ingredients using a blender until homogeneous.
2. Remove hard stems from the kale, tear it into smaller pieces, wash thoroughly and put into a colander. Prepare a pot of ice water and boil water in a kettle. Pour boiling water over kale and immediately after pour the very cold water. Dry kale with a paper towel or drain using a spin dryer.
3. Put couscous in a bowl, add a sprinkle of salt, pour boiling water (water level must be 1 cm above the couscous), cover and set aside for 6 minutes until the couscous is swollen. Use a fork



## SALAD FOR NANA

- to mix the glued-together couscous seeds.
4. Cut ham into squares. Dice the avocado, then sprinkle it with lemon juice. Cut cherry tomatoes into halves.
  5. Grate carrot using a fine grater. In a large bowl, mix all ingredients and the dressing. Before serving, put the salad on a decorative plate or platter.