

SEARED ZUCCHINI SALAD WITH PEPITAS, ALFALFA AND CITRUS, HONEY DRESSING

Ingredients

3-4 zucchinis sliced and marinated

(oil, garlic, chopped herbs)

Parsley, chopped if available

Kale stripped from stem, washed and chopped

Alfalfa and pepitas for garnish

DRESSING

Zest and juice from mandarins and lemons

2 tsp Dijon or seeded mustard,

2 tsp honey

1tbls white wine vinegar

1 tbls oil

Whisk in a jug or shake in a jar with a lid.

Marinate zucchini and set aside while preparing the kale and parsley.

Make dressing.

Sear zucchini in very hot pan in single layers to get beautiful colour and taste.

Cook in batches if need be and add to kale when hot, to wilt the kale.

Layer on platters, one per table.

Decorate and top with alfalfa, pepitas and dressing.

Serve.