

## Carrot Dill Massaged kale salad with Ginger Citrus tempeh and strawberries



Yield: 2 servings

Prep time: 10 minutes

Cook Time: 5 minutes

Latent time: 2+ hours

Ingredients:

¼ lb Tempeh, sliced (or any protein of your choice)

Ginger juice 1t-1T depending on how much bite you like

Citrus juice of your choice (I used calamondin)

1T Molasses

1T Minced garlic

2 C Kale, roughly chopped

½ Avocado

½ C Strawberries, sliced

Dill carrot vinaigrette (recipe below)

1. Wash your hands and get your mise en place together (all your ingredients ready to go)
2. In a small to medium bowl, combine molasses, citrus, ginger juice and garlic
3. Submerge tempeh in marinade and let it sit covered in the refrigerator for at least 2 hours prior to cook time (You can do this part before school or work for extra flavor intensity)
4. In another small to medium bowl, combine kale, avocado, and dill carrot vinaigrette, and massage.
5. Lick the delicious creamy mixture from your hands, and then wash them.
6. In a sauté pan on medium high heat, sear tempeh until golden brown on both sides
7. Plate and serve

### Dill Carrot Vinaigrette

1 C Carrot juice

2 oz vinegar of your choosing

5 Sprigs fresh dill

1 t brown mustard

$\frac{1}{8}$  t salt

Olive oil to reach desired consistency

In a blender, combine carrot juice, dill, vinegar, mustard, and salt.

After Everything is combined, with the blender on low slowly add olive oil until desired consistency is reached

Put it on top of everything!

