

Kale, Avocado & Tempeh Salad

Swick

Serves 4 to 6 | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Preparing Your Mise en Place

- 1 cup Creamy Lemon Garlic Dressing
- 2 cup baby kale (or regular kale torn into bite-sized pieces)*
- 2 cups baby spinach*
- 1 cup butter lettuce, torn into bite-sized pieces*
- 1 cup cooked chickpeas
- 5 to 8 radishes, thinly sliced
- 1 to 2 avocado, thinly sliced**

First prepare the Creamy Lemon Garlic Dressing, if you don't already have some in your refrigerator. Also, note that other dressings can be used for this salad, For example, this Caper Lemon Dressing would go well with this salad, as would this No-Oil Ranch Dressing; however, this creamy lemon garlic dressing goes particularly well with this salad.

Note: The amount of each ingredient needed depends on how many people you are serving and whether or not you are serving this salad as a main, or as an appetizer. Also, feel free to play around with different lettuces — although this combination does work well together. The butter lettuce is used for added color, but it can be omitted if desired.

Once all of your mise en place is ready, you can go ahead and prepare the tempeh. Note: For the avocado, do not cut and slice until ready to serve.

Step 2: Braising & Frying the Tempeh

- 1 - 200 gr pkg tempeh
- 3 to 4 tbsp barbecue sauce
- 1 tsp oil*

Note: Braising the tempeh is optional. If you do not want to braise the tempeh, simply dice it up and toss it with the barbecue sauce and then proceed with frying it.

To braise the tempeh, place the block of tempeh into a pot just big enough to fit the tempeh and then add a flavorful stock or liquid, such as soy sauce mixed with water and spices. The liquid should just cover the tempeh.

Next, bring the mixture to a gentle boil and then reduce the heat and let gently simmer for approximately 15 minutes.

Once done, turn off the heat and let cool slightly. Once the tempeh is cool enough to handle, cut into approximately 1"-inch pieces and then toss it with the barbecue sauce.

To fry the tempeh, either dry-sauté or add a touch of oil to a non-stick frypan and sauté until golden brown on most sides. Be careful as the sugar from the barbecue sauce can easily burn tempeh.

Once done, set aside while you assemble the salad.

Step 3: Assembling the Salad

- sea salt, to taste
- freshly ground black pepper, to taste

To assemble the salad, first, toss the lettuces with approximately half of the dressing. Again, the amount will depend on how much lettuce you have, etc. The lettuces should be thoroughly coated in the end. Season lightly with salt and pepper.

Place a good handful of the salad onto a dinner plate and then garnish the plate with the remaining ingredients. Lastly, slice the avocado and then scoop out a few pieces and place onto each plate.