
 Approximately **25 min**

 **578** kcal p.p.

 **2** persons

### WHAT YOU NEED

- Kale: 250 g
- Bulgur: 75 g
- A package of peeled edamame: 1 pcs
- Walnuts: 15 g
- Blue grapes: 150 g
- Hemp seeds: 15 g
- Apples: 1 pcs
- Dried goji berries: 15 g
- Lemon: 1 pcs

### GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Dijon mustard
- Agave syrup

### ALLERGENS



## AUTUMN POWER SALAD

### INSTRUCTION

- Put the bulgur, edamame and the double volume of water in a pot and bring to a simmer. Cook the bulgur for 10 min. over medium/low heat until tender. Set aside to cool down.
- In the meantime, clean the kale, remove the ribs and pick the leaves into bite-sized pieces. Wash the grapes. Squeeze out the juice of a lemon. Wash, core and cube the apples.
- Combine the kale, the bulgur, the edamame, the grapes, the apples, the goji berries, the nuts and the hemp seeds in a big bowl and mix well. Prepare a dressing made of lemon juice, mustard, agave syrup and olive oil. Season to taste with salt and pepper and fold into the salad.