

Kale & Roasted Zucchini

Serves 4

Ingredients

- 1 large zucchini squash
- 1 Tbsp vegetable oil
- 4 large eggs
- 1 pound fava beans or 1/2 pound edamame
- 1/4 cup Ginger Mustard Vinaigrette, recipe below
- 4 – 5 cups chopped kale, about 1/2 bunch
- 2 cups cooked quinoa (white, black or red)
- 1 cup Parsley Dressing, recipe below
- 2 spring onions, thinly sliced on the diagonal

Cooking Instructions

Preheat oven to 375°F. Line two baking trays with parchment paper or a baking mat.

Have all your ingredients chopped and prepared, including the vinaigrette and dressing, before you start this recipe.

Squash

Slice the squash lengthwise into long thin strips, using a vegetable peeler or mandolin. If desired, set aside four paper-thin strips to use as a garnish, as pictured. Lay the strips in a single layer on the prepared baking trays and brush with oil. Sprinkle with a pinch of kosher salt. Roast for 10-15 minutes until the squash has shriveled and is starting to char around the edges. Remove the baking tray halfway through to turn the squash over and brush with oil. Watch the squash carefully — you may have to remove some slices earlier than others to prevent burning.

Eggs

Place the eggs in gently simmering water for 8 minutes, then plunge into cool water to prevent further cooking. Shell and half or quarter the eggs just before serving.

If using fava beans...

First remove the beans from their pods. Bring a large pot of water to a boil and fill a medium bowl with ice water. Blanch the beans in boiling water for about a minute, remove with a slotted spoon and transfer to the bowl of ice cold water. Peel and discard the thin outer layer from each bean.

If using edamame beans...

Bring a large pot of salted water to a boil. Add the edamame, bring the water back to a boil and cook for about 2-3 minutes. Drain and plunge into cold water. Remove the soybeans from their pods.

Kale

Just before serving, toss the chopped kale in a large bowl with $\frac{1}{4}$ cup of the Ginger Mustard Vinaigrette. Using your hands, massage the dressing into the kale until each piece is well covered (this helps break down the tough fibers). If using tender baby kale, skip the massage and simply toss to coat.

Putting It All Together

Divide the dressed kale, quinoa, fava beans (or edamame) and roasted squash into four salad bowls. Top each with one sliced egg and about $\frac{1}{4}$ cup of the Parsley Garnish with the spring onions and sliced raw zucchini squash, if desired.

Ginger Mustard Vinaigrette

Makes About 1 Cup

Ingredients

- 1 Tbsp Dijon-style dressing
- 1/4 cup red wine vinegar
- 3/4 cup vegetable oil
- 1/4 tsp kosher salt
- 1 Tbsp honey
- 1 tsp fresh ginger, finely grated
- 1/2 tsp garlic, finely grated

Cooking Instructions

Combine the ingredients in a small lidded jar and shake well. Refrigerate and cover leftover dressing for up to five days.

Parsley Dressing

Makes About 1 Cup

Ingredients

- 2 cup fresh flat leaf parsley or a combination of parsley and cilantro
- 2 Tbsp freshly squeezed lemon juice, about ½ lemon
- 1 tsp hot sauce, such as Sriracha
- 1 tsp soya sauce
- 1/2 tsp kosher salt
- 1/2 cup vegetable oil
- 2 anchovies, rinsed and finely chopped
- 1/3 cup chopped walnuts or almonds

Cooking Instructions

Combine the ingredients in a small bowl and mix well. Alternatively, toss everything but the nuts in a food processor and purée until smooth, scraping down the sides of the bowl with a spatula. Add the nuts and stir to combine.