Massaged Kale Salad with Salmon

6 ingredients · 20 minutes · 1 serving



Directions

1. Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
2. Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
3. Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!

Ingredients

3 cups Kale Leaves (chopped)

1/2 Lemon (juiced)

1 tbsp Hemp Seeds

Sea Salt & Black Pepper (to taste)

2 tbsps Extra Virgin Olive Oil (divided)

4 ozs Salmon Fillet

Nutrition

Amount per serving

Calories	470	Vitamin D	638IU
Fat	38g	Vitamin E	5mg
Saturated	5g	Vitamin K	262µg
Carbs	5g	Thiamine	0.3mg
Fiber	3g	Riboflavin	0.5mg
Sugar	1g	Niacin	11mg
Protein	30g	Vitamin B6	1.0mg
Cholesterol	58mg	Folate	62µg
Sodium	123mg	Vitamin B12	5.3µg
Potassium	780mg	Phosphorous	493mg
Vitamin A	3218IU	Magnesium	126mg
Vitamin C	68mg	Zinc	2mg
Calcium	179mg	Selenium	34µg
Iron	3mg		

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