



# Kale Sweet Potato Salad

Visual Recipe  
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	SMALL	MEDIUM	LARGE
kale	2 cups ~ 100g	3 cups ~ 150g	4 cups ~ 200g
sweet potato	1 small	1	2
tahini	1 tbsp	1 ½ tbsp	2 tbsps

**LEVEL UP!** Add a dash of olive oil or balsamic vinegar for dressing. Add pickled garlic and sesame seeds for garnish.

## INSTRUCTIONS

1. Add peeled and cut sweet potato to a cooking pot and cover with water. Bring water to a boil then lower heat to low. Simmer for 15 minutes or until the potatoes are soft all the way through. Drain the potatoes and set aside.

2. Remove stems from kale. If using organic kale, cover it with water first and add a tablespoon of vinegar to it. Let it soak for 10 minutes. Rinse, dry and cut it.

3. Transfer kale to a plate. Dice cooked sweet potatoes and add them to the kale.

4. Drizzle with tahini thinned with water 1:2 ratio. Add chopped almonds, dried cranberries and sprinkle with sesame seeds.

