

# Kale and Couscous Salad with Ground Veal

Recipe By Brynie Greisman



Cooking and Prep:  30  
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Serves:  10

Contains:   

Preference: Meat

Difficulty: Medium

Occasion: Sukkot

Source: Family Table by  
Mishpacha Magazine

Kale is a leafy green cruciferous vegetable that is packed to the max with nutrition. Even spinach doesn't come close. It is high in protein, fiber, vitamins, and minerals. Here we incorporate it into a fabulous salad or side dish with a mélange of flavors and textures that will add pizzazz to your Yom Tov menu.  
Thanks, Rikki M.

## Ingredients (12)

### Main ingredients

- 3/4 cup couscous, cooked according to package directions
- 1/2 cup pine nuts
- 1 shallot, chopped
- Bartenura Olive Oil**, for frying
- 1/2 – 1 pound (approximately 1/2 kilogram) ground veal

- 1 cup frozen corn, or corn kernels cut off 1 ear of fresh corn (canned corn is not recommended, as it gets too soft)
  - salt, to taste
  - pepper, to taste
  - juice of 1/2 - 1 lemon
  - 1 large handful kale leaves, thinly sliced
  - 1/2 cup fresh dill (leaves only), chopped
  - 1/2 cup fresh parsley (leaves only), chopped
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## Start Cooking

### Prepare the Salad

1. Roast the pine nuts in a dry skillet over low heat until lightly browned and fragrant, about three minutes. Stir often to keep them from burning. Transfer to a large bowl and add the chopped shallot.
2. Using the same frying pan, over medium-high heat, add one tablespoon of olive oil and the ground meat. Sauté for five minutes, mashing and stirring (I do this with a potato masher), until the meat is browned and cooked through. Drain if necessary, and add to the pine nuts in the bowl.
3. In the same pan, over medium-high heat, add a bit more olive oil if necessary and the corn on the cob or the frozen corn. Cook for about five minutes or until it's nicely colored all over. (This adds amazing crunch to the dish.) It'll make a bit of noise and spit a tiny bit, but don't worry - the heat shouldn't be high enough to make it pop and splatter.
4. Add couscous to the frying pan with the corn, and season generously with salt and pepper. Sauté for another minute. Remove from heat.
5. Add the lemon juice and stir. Add to the bowl with meat and nuts. Add the kale and mix well. Garnish with dill and parsley and stir slightly to infuse the dish with that fresh herb flavor. Taste and adjust seasoning if necessary.
6. Serve room temperature or gently warmed.

**Tip:**

Kale can be enjoyed raw in salads, sandwiches, or wraps. It can also be braised, boiled, sautéed, or added to soups, casseroles, and quiches, and even smoothies. It pairs well with olive oil, citrus, and sweet vegetables. Don't overcook it.

**Variation:**

Ground turkey can be subbed for the veal. You can also sub a half cup raw barley, cooked for about 30 minutes, or until tender, for the couscous. Make sure to drain before adding to skillet.

**Credits**

Photography: Daniel Lailah.

Food Styling: Noa Kanarek.