

# Tuna Kale Salad with Shallot Dressing

Recipe By Sina Mizrahi



Cooking and Prep:  10  
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Serves:  2

Contains:   

**Preference:** Parve

**Difficulty:** Medium

**Occasion:** Nine Days

**Diet:** Vegetarian, Low Fat,

Low Carb, Pescetarian

**Source:** Relish by Binah

Magazine

This is my clean-out-your-fridge salad. I usually have most of the components on hand, which makes it a quick, light, and healthy lunch. And as the weather heats up, that's all I crave. The dressing takes everything up a notch. You may even want to double up, because it's versatile and delicious.

## Ingredients (18)

### Salad

- 3 cups baby kale, washed and checked
- 1 Israeli or Persian cucumber, diced
- chopped parsley, as a garnish
- 5 ounces Gefen Tuna, drained

- 1 large beet, cooked, peeled, and diced, or 1-2 **Gefen Organic Beets**, diced
- 1/2 (15 oz) can **Haddar Chickpeas**, rinsed
- 1 bell pepper, diced
- 1 cup grape tomatoes, quartered

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## Dressing

- 1 medium clove garlic, minced
- pinch of ground black pepper
- 1/4 teaspoon **Tuscanini Sea Salt**
- 1 teaspoon **Gefen Sesame Oil**
- 2 teaspoons maple syrup
- 1 tablespoon rice vinegar
- 1 tablespoon soy sauce
- 2 large shallots, finely diced
- 2 tablespoons **Bartenura Olive Oil**

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## Sommelier Suggests

- Tabor Adama Chardonnay**
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## Start Cooking

### For the Dressing

1. Heat the olive oil in a small saucepan over a medium heat. Add the shallots and garlic and cook until golden brown and fragrant, 2 to 3 minutes.
2. Remove from heat and stir in the soy sauce, rice vinegar, maple syrup, sesame oil, salt, and pepper. Set aside to cool.

### For the Salad

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In a mixing bowl, combine the kale, cucumber, tomatoes, bell pepper, chickpeas, and beets.

### To Assemble

1. Pour half the dressing over the salad and toss well. (Refrigerate the remaining dressing for later use.)
2. Transfer the salad to a plate or bowl. Top with chunks of tuna and garnish with parsley.