

# Asian Inspired Kale Citrus Salad

## Ingredients:

### For the salad:

- 3 cups of kale, chopped
- 1/2 cup of sliced cucumber
- 1 mandarin orange peeled and segmented
- 1/4 cup of pumpkin seeds (of your favorite seeds)
- 8 shrimp (optional)
- 1 tablespoon of sesame oil
- About 2 cups of cooked rice noodles

### For the dressing:

- The juice of a 1/2 a lemon
- 2 teaspoons of sesame oil
- 1/2 clove of garlic, crushed
- 1 teaspoon of rice vinegar
- 1 teaspoon of honey

## Directions:

Cook the rice noodles according to the package directions. Rinse well with cool water (to prevent sticking) and set aside.

Pan fry the shrimp in the sesame oil using medium high heat until cooked. I actually used cooked shrimp so I only had to fry them for a few minutes. If you are using raw shrimp cook for about 4 minutes on each side.

Put all of the dressing ingredients in a small jar and shake well to combine.

Put the kale in a salad bowl and toss well with the dressing. Add the oranges, cucumbers, pumpkin seeds and shrimp.

Serve the salad over a bed of rice noodles.