

Dilmah Super Immune Salad



0 made it | 0 reviews



Erwan De Kerouara – Overall Winner from The Immunity inspired by tea challenge

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Food
Salads & Dressings
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Immunity Inspired by Tea Recipes
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Immunity Inspired by Tea Recipes



Used Teas



t-Series The Original
Earl Grey



t-Series Green Tea
with Jasmine Flowers

Ingredients

Dilmah Super Immune Salad



Jasmine Infused Cashew Cheese

- Cashew Nuts
- Aquafaba (liquid from canned chickpeas)
- Sea Moss Gel
- Nutritional Yeast
- Dilmah's Green Tea with Jasmine Flowers
- Coconut Oil
- Sea Salt
- Garlic Powder
- Capsule of Acidophilus (probiotic)

Salad

- Fresh Kale
- 4-5 Cloves of Garlic, chopped
- Blue Spirulina Vinaigrette (apple cider vinegar + coconut aminos + extra virgin olive oil + cayenne pepper + Blue Spirulina)
- Juice of a Lemon
- 2-3 tbsp Nutritional Yeast
- Pinch of Turmeric
- Black Pepper to taste
- Salt to taste
- Half a Red Pepper, de-seeded
- Avocado, sliced

Garnish

- Tuiles of Passionfruit, Coconut and Dilmah Earl Grey Tea (layer the remaining waste of the coconut Earl Grey and passionfruit cordial used for the tea wine on a baking sheet and dehydrate at 65 degrees for 12 hours. Once cooled and firm, fashion into tuiles).

Methods and Directions

Dilmah Super Immune Salad

- Add fresh kale, garlic, Blue Spirulina Vinaigrette, lemon juice, nutritional yeast, turmeric, salt and pepper into a large bowl.
- Wash your hands and massage the kale. This allows you to assimilate all your ingredients together and make the kale a lot softer/smoothier.
- Serve into individual salad bowls and top with sliced avocado, red peppers and the tea-infused cashew cheese.
- To finish garnishing the salad, add some tuiles for crunch. Enjoy and Bon Appetite!



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