

## **Courgette, Kale and Feta Salad with Cashew nut Pesto**

This is such a fresh dish with lots of flavours. If you don't have a spiralizer, you could just grate the courgette and I have noticed that some supermarkets are selling pre spiralized vegetables now too.



This recipe serves 2

- 1 large courgette, spiralized
- 2 large handfuls kale, tough stems removed
- 100g feta cheese, crumbled
- 5 or 6 dried apricots

For the pesto

- 1 cup cashew nuts, raw, unsalted
- Tbsp. finely grated parmesan
- 5 fresh basil leaves
- 1 garlic clove, crushed
- ¼ cup good quality olive oil

Heat up a dry frying pan and place the nuts into it. Keep giving your pan a shake to turn the nuts and keep an eye on them. As soon as they start to change colour slightly they are done. Leave to one side to cool off.

Put the crushed garlic, basil leaves, apricots, parmesan and the cooled nuts along with the olive oil into a high powered blender or use a stick blender and blend until you get a runny paste.

Roughly chop or tear the kale and place in a bowl along with the courgette and the crumbled feta cheese and drizzle over the pesto. Mix this all up really well and you're ready to serve.