

Grilled Kale & Heirloom Tomato 'Ensalada' (serves 2)

Kale is a vegetable low in calories and high in nutrients such as iron, potassium, calcium and vitamin K.



Ingredients | Method

3-4 heirloom tomatoes (mixed colour and shape)	1 avocado, halved and pitted
2 figs	2 lemons – juice and rind
1 small bunch kale	15ml sweet balsamic
15ml olive oil	1L full-cream milk
	15ml white vinegar

Prepare the ricotta the night before. Bring the milk to the boil. Take off the heat and add the vinegar. The milk will curdle. Pour the milk through a fine cloth and let it hang in the fridge overnight. Place the hung mixture from the cloth into a bowl. Add the juice and rind of one lemon and stir through to break up. Set aside in the fridge until needed.

Have the tomatoes at room temperature. Cut the tomatoes into desired shapes. Be as rustic as you like. Season with salt and pour over balsamic.

Place the avocado into a blender and add the juice of one lemon. Blitz until smooth and season with salt.

Wash and dry kale leaves, remove thick stems. To crisp up kale place into a pan with the vegetable oil. Be aware the kale will spit as the water hits the oil. This will only take 1-2 minutes.

Cut the figs into quarters.

Begin to plate with the avocado purée. Stack the tomatoes to create height on the plate. Place the figs around and the kale on top. Finish with the fresh ricotta sprinkled on top. If you do not have time to make the ricotta, you can use store-bought feta instead.

Recipe #15 – courtesy of El Perro Tapas & Bar

El Perro brings the taste of Spanish and Latin food to Tasmania's Central Coast. With a modern menu, complemented by Spanish wines, beers and authentic Sangria, your lunch and dinner experiences will give you that Mediterranean escape! The restaurant is located in an absolute beachfront position in Penguin and offers indoor and outdoor seating.



Opening hours

Wednesday-Friday: 5.30pm to late
Saturday: 11am-3pm |
5.30pm to late
Sunday: 11am-4pm
Friday night music

el perro



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