**Kale Salad**Interactive version

**Ingredients**

<for 1 person>

* 1 tbsp olive oil
* 1 tbsp fresh lemon juice
* ¼ tbsp honey
* Salt
* Pepper
* 50 g of green kale

Glogg vinaigrette:

* 37.5 ml GLÖGG VINGLÖGG mulled red wine 12%
* 1 tbsp red vinegar
* ¾ tsp sugar
* ¾ tbsp olive oil
* Salt and pepper

Croutons:

* ½ slice of rye bread
* ¼ tbsp rapeseed oil
* ¼ tbsp butter
* Salt and pepper to taste
* Brussels sprouts
* Rapeseed oil
* 2.5 Brussels sprouts, trimmed and halved
* Salt and pepper
* 67.5 g blue cheese
* ½ orange, cut into filets
* 5 g dried pears
* ¼ dl roasted almonds, roughly chopped
* Freshly ground pepper

For serving:

* 2 slices of rye bread
* Butter, a bit softened

**Method**

Step 1

* C1 - Whisk together olive oil, lemon juice, honey, salt, and pepper in a big bowl
* C2 - Put glögg, vinegar, and sugar in a small pan and let it boil until about half the amount of liquid is gone
* C3 - Tear the rye bread slice into very small chunks into a frying pan, add rapeseed oil, and fry on medium heat with butter until crisp and golden
* C4 - Fry the Brussels sprouts with rapeseed oil on high heat till they turn golden and then turn the heat down to let them soften

Step 2

* C1 - Wash and trim the green kale
* C2 - Pour the vinaigrette into a small bowl, let it cool, and mix with olive oil and season with salt and pepper
* C3 - Season croutons with salt and let them drain on a piece of paper
* C4 - Season sprouts with salt and pepper

Step 3

* C1 - Roll a bunch of green kale into a cigar and finely slice it and put them into the dressing bowl and toss
* C2 - Slice the blue cheese and put on plates
* C3 - Serve salad, filleted oranges, fried sprouts and dried pears on to plates
* C4 - Sprinkle plates with almonds and croutons and drizzle with glögg vinaigrette and serve with rye bread and butter