



Inspired by *Bon Cop, Bad Cop* (2006)

# ***BON CHOP BAD CHOP SALAD***

From the kitchen of Sylviane Galland  
[stuffmygirlfriendmakes.com](http://stuffmygirlfriendmakes.com)



## *Bon Chop Bad Chop Salad*

Sylviane Galland's Kale and Beet Salad

### *Ingredients*

#### SALAD

- 1 bunch kale
- ¼ cup pickled red beets  
(or fresh)
- Slivered almonds
- 3 oz goat cheese
- Handful of cilantro

#### DRESSING

- 2 tbsp red currant jam
- 1 tbsp good quality  
balsamic vinegar
- 3 tbsp olive oil
- 2 tbsp lemon juice
- Salt & pepper

### *Method*

- 1 Prepare kale in chiffonade style (finely chopped in long slender ribbons).
- 2 Cut the pickled beets into more manageable sizes.
- 3 Roast the slivered almonds in the oven for 5 minutes on high heat, or just add them as is.
- 4 Whisk together dressing ingredients.
- 5 To serve, add kale and beets to large bowl, add dressing and top with almonds, goat cheese and cilantro. Enjoy!