



Deconstructed Kale BLT
RECIPE

Deconstructed Kale BLT



<?xml version="1.0"?>

TIME

10 minutes

INGREDIENTS

9 items

MAKES

6 servings

This recipe is a take on the classic BLT sandwich, with a twist. Crunchy greens play well with the tangy dressing. Great as a main dish or a side salad, also highly versatile based on availability of seasonal vegetables.

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INGREDIENTS

- 200g prosciutto
- Olive oil spray
- 200g Turkish bread loaf, torn into medium bite size pieces
- Half bunch of green kale, leaves only and stalks removed
- Half a head of radicchio, leaves removed and kept whole
- 500g medley of mixed sweet small tomatoes (yellow and red), halved
- 1/3 cup MasterFoods™ Professional Caesar Salad Dressing
- 1 tbsp. MasterFoods™ Professional Italian Herbs
- Salt and pepper, to taste

PRODUCTS USED



MasterFoods Professional Caesar Salad Dressing 2.6kg

[SEE DETAILS](#)

Cooking Instructions:

1. 1

Preheat oven 160°C, spray kale leaves with olive oil and a sprinkling of sea salt. Bake for 5 to 8 minutes, or until they just start to crisp. Take out and set aside to cool.

2. 2

In a frying pan over medium heat, gently fry the prosciutto until crisp, then set aside.

3. 3

Spray the Turkish bread with olive oil. In the same frying pan, cook in batches until golden brown, adding a sprinkling of dried Italian herbs towards the end.

4. 4

In a large mixing bowl combine the kale, radicchio leaves, and tomatoes. Add enough dressing to evenly and lightly coat everything.

5. 5

Snap the crisped prosciutto into large shards and add the Turkish croutons – add a little extra Caesar and serve.

Tips

1. 1
Replace prosciutto with grilled haloumi and slices of avocado for a vegetarian option.
2. 2
Add some lemon zest as a garnish for extra zing, or some classic dukkha for crunch.
3. 3
To elevate the Turkish croutons even further, try adding a sprinkling of MasterFoods™ Professional Garlic Powder and finely grated parmesan cheese to coat the torn bread croutons while still hot.
4. 4
Caesar dressing is also versatile for sandwiches, wraps, coating meats and roast vegetables.

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Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[**Shredded Barbecue Chicken Pancakes**](#)

Cooking time

60 MINS

Ingredients

8 items

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[**Gua Bao Buns**](#)

Cooking time

10 min

Ingredients

11 items

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[**New York Inspired Tagliatelle Pasta**](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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