CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Warm Kale Salad with Sausage

Hearty Greens & Recovery Support

www.consciousrewire.com

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What This Supports

Supports recovery nutrition through protein, fats, and mineral-rich greens.

Why It Works

Kale and radish greens provide micronutrients, while sausage and bacon add calories and protein for satiety.

Ingredients

Kale salad

Ingredients:

-2 tbsp ghee

sausages (I used herb lamb with mint and garlic)

package bacon ends

bunch kale

brown mushrooms

0 radishes + radish greens

inch chunk ginger, peeled

Directions

. Heat pan on medium low and add ghee. Slice sausage and add it to pan, then bacon ends. Cook until half cooked.

. Chop kale and add it to pan, stir until combined.

. Chop mushrooms and add to pan. Stir until combined.

. Chop 6 radishes and add to pan. Stir until combined.

. Turn off heat, keep pan on elements. Grate ginger into pan, stir until combined. Chop radish greens and add to pan. Stir until combined.

. Grate remaining radishes, add once mixture has cooled.

. Portion out and serve with olive oil, lemon juice, carrot ginger kraut, and flaked salt.

Best Use

Suitable as a main salad on training or higher-energy days.

Food Notes & Safety

Ensure meats are fully cooked and handled safely.

Storage

Refrigerate leftovers up to two days.