

Kale Chimichurri

Author: [Lindsay](#) Total Time: 5 minutes Yield: 1 1/4 cups (5 servings of 1/4 cup each) 1x

Kale Chimichurri! Lots of kale and green herbs, olive oil and lime juice, any nuts/seeds you have on hand, and a punch of garlic and red pepper flakes. THE BEST.



INGREDIENTS

- 1 cup packed **kale** (stems removed)
- 1 cup packed **cilantro** and/or **parsley**
- 1/2 cup **olive oil**
- 1/4 cup **water**
- juice of 2 **limes** (or 1/4 cup white vinegar)
- 1/4 cup **cashews, sunflower seeds, or almonds**
- 1 clove **garlic**
- 1 teaspoon **coarse salt**
- 1/2 teaspoon **red pepper flakes**

- Hello Fresh Sauce Ingredients: Kale, onions, garlic, almonds, agave, lime, oil, salt, pepper

INSTRUCTIONS

1. Blend all the sauce ingredients together in a small blender or food processor until mostly smooth.
2. Pour on everything and feel like a kale-loaded million bucks.

NOTES

VEGAN: No adaptation needed.

GLUTEN FREE: No adaptation needed.

FREEZABLE: No.

KEEP IN THE FRIDGE: About 5 days.

NUTRITION FACTS

Serves 5

Calories Per Serving: **235**

						% DAILY VALUE
Total Fat 25g	32%	Cholesterol 0mg	0%	Sodium 469.6mg	20%	Total Carbohydrate 5.2g 2%
Dietary Fiber 1.2g	4%	Sugars 0.9g		Protein 1.5g	3%	Vitamin A 31.1µg 3%
Vitamin C 12.9mg	14%	Iron 0.7mg	4%	Potassium 103.3mg	2%	Phosphorus 44.4mg 4%

Find it online: <https://pinchofyum.com/kale-chimichurri>