Fruity and nutty salad

Preparation time

5 minutes

Serves

1

Recipe courtesy of

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Ingredients | Method | Nutrition

250g strawberries

a small packet of baby spinach leaves (60g)

a few cashews chopped

50g of crumbled low fat feta

DRESSING MIX:

1 tbsp of extra virgin olive oil

1-2 garlic cloves minced

1/4 tsp of squeezed lemon

1. Remove the stalks from the strawberries and roughly chop.
2. Place strawberries, spinach and chopped cashews into a bowl and toss together. Add in fetta.

3. In a small bowl, mix together extra virgin olive oil, minced garlic and lemon. Drizzle over the top of the salad mix and serve.

Nutritional information is provided per serve

Engery	1724kJ (412 calories)
Protein	18g
Saturated Fat	8g
Total Fat	30g
Carbohydrates	12g
Sugars	10g
Dietary Fibre	9g
Sodium	605mg