

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 feta.

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

Energy 1724kJ (412 calories)

Protein 18g

Saturated Fat 8g

Total Fat 30g

Carbohydrates 12g

Sugars 10g

Dietary Fibre 9g

Sodium 605mg