Spinach and tahini slaw - salad for one

Preparation time

15 minutes

Serves

1

Recipe courtesy of

Caroline Trickey, Accredited Practising Dietitian (APD)

This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

handful of baby spinach leaves (at least 50g)

1 small carrot, julienned or grated

1/4 cup red cabbage, finely shredded

2 tsp sesame seeds, pinenuts or pecans, toasted

1 heaped tbsp of tahini dressing

DRESSING:

1 tbsp tahini

1 tbsp fresh lemon juice

1 tbsp water

1 clove garlic, crushed

pinch salt, optional

1. Add spinach leaves, carrot, red cabbage and tahini dressing to a serving bowl. Mix well to combine. Sprinkle with sesame seeds, pinenuts or pecans just before serving.
2. To make the tahini dressing place tahini in a medium-sized bowl. Add lemon juice to tahini slowly as you mix with a spoon or whisk. Add the water in the same way, then stir through the garlic and salt.
3. Store the dressing in the fridge, it will keep for up to 3 weeks. This tahini dressing can also be used on steamed veggies like broccoli or green beans.

Nutritional information is provided per serve

Engery	954kJ (228 calories)
Protein	7g
Saturated Fat	2g
Total Fat	17g
Carbohydrates	6g
Sugars	6g
Dietary Fibre	8g
Sodium	102mg