Peachy perfect salad

Preparation time

10 minutes

Cooking time

10 minutes

Serves

4

Recipe courtesy of

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Ingredients Method Nutrition

1/4 cup almonds

4 tbsp extra virgin olive oil

3 medium yellow peaches, thinly sliced

2 tbsp balsamic vinegar

1 tbsp honey

2 cups baby spinach, roughly chopped

1 small red onion, thinly sliced

1 large avocado, thinly sliced

1 cup blueberries

1/4 cup fresh basil leaves

1. Heat a fry pan over medium heat and toast almonds for approximately 5 minutes. Remove from the pan and set aside.
2. Using the same pan, heat 1 tbsp of the olive oil. Place sliced peaches on a pan and cook for a few minutes on each side, until turning golden. Set aside.
3. To make the dressing, whisk together remaining olive oil, balsamic and honey in a small bowl.
4. Place baby spinach in a serving bowl. Layer with peaches, onion, avocado, blueberries, basil leaves and almonds. Pour dressing over salad and enjoy.

Nutritional information is provided per serve

Engery	1622.83kJ
Protein	4.68g
Saturated Fat	4.21g
Total Fat	29.69g
Carbohydrates	21.18g
Sugars	20.72g
Dietary Fibre	9.95g
Sodium	33.77mg