



* Add peeled chopped
Sweet potatoes.
* Add 1 sliced
fennel
* We have both
rocket and
spinach

WARM SPINACH SALAD WITH ROASTED CARROTS

Ingredients

1 large bunch baby spinach

2 tablespoons olive oil

1 large onion

2 tablespoons balsamic vinegar

10 baby carrots sliced horizontally

3 spring onions sliced finely

Handful rocket chopped roughly

1/4 cup pumpkin seeds or sunflower seeds

Method

Wash carrots, peel slice in half horizontally
and quickly sauté in 1 tablespoon of olive oil .

Place a fry pan on the heat add oil and quickly
sauté the onion and garlic until the mixture is
smooth and translucent , add the spinach and
cook on high but cook briefly.

You do not want to over cook the spinach,
transfer the spinach to a bowl and add the rocket,
seeds and spring onions .

Stir to ensure all the leaves are coated with vinegar just
Transfer all the vegetables and greens onto a large
platter

