



CRUNCHY SPINACH BITE SALAD

YIELD:
1 portion

PREP TIME:
15 mins

COOK TIME:
10 mins

INGREDIENTS:

5 x Strong Roots
Spinach Bites
8 x cubes feta cheese

1 tbsp toasted pine nuts
Honey mustard dressing
Dressed leaves

3 x heritage tomatoes
Crispy onions
Sourdough croutons

METHOD:

1. Fry Strong Roots Spinach Bites for 4 minutes at 175 degrees from frozen
2. Slice sourdough and cut into cubes; fry and season with salt
3. Toast pine nuts in the oven on a high heat until golden
4. Dice 6-8 pieces of feta cheese
5. Halve heritage tomatoes
6. Plate leaves, Strong Roots Spinach Bites, tomatoes, feta cheese and croutons
7. Sprinkle with toasted pine nuts and crispy onions
8. Serve with a ramekin of honey mustard dressing on the side



WHERE

VEG EXCITEMENT

BEGINS