



# CRUNCHY SPINACH PICKY BITS

**YIELD:**  
1 portion

**PREP TIME:**  
5 mins

**COOK TIME:**  
5 mins

## INGREDIENTS:

5 x Strong Roots Spinach Bites  
Small bunch rocket leaves

3 x sun-blushed tomatoes  
½ roasted red pepper

3 tbsp houmous  
1 tsp rose harissa

## METHOD:

1. Fry the Spinach Bites for 4 minutes at 175°C from frozen
2. Serve with sun-blushed tomatoes in oil, chopped to size, and rocket leaves
3. Mix rose harissa with red pepper houmous and serve on the side



WHERE

VEG EXCITEMENT

BEGINS