

Super-charged Salad

Ingredients:

300g baby spinach, rocket and watercress, rinsed and spun
1 cup blueberries
1/2 cup dried cranberries
1/2 cup pomegranate seeds
1/2 beetroot, julienned
1/2 red onion, thinly sliced
1/4 cup seeds, toasted
1/4 cup pine nuts, toasted
1/2 cup classic vinaigrette dressing

To assemble your super-charged salad, place your spun leaves in a serving bowl and then scatter the various salad bits in any order you like ending with the toasted seeds and pine nuts. Serve with a classic vinaigrette and some good bread.

