

SPINACH SALAD WITH HERBS, GOAT CHEESE AND CASHEWS



Time
15min



Servings
6

Calcium Recommended Daily Intake
23.60%

Calories

388

Calcium

412mg

Protein

15g

Vitamin D

0.00 IU

Ingredients

- 300 g baby spinach
- 125 ml cilantro leaves
- 250 ml parsley leaves
- 50 ml coarsely chopped basil, chives, tarragon, mint
- 250 g green beans
- 2 tbsp sherry vinegar
- 1 small garlic clove, minced
- 1/2 tsp dijon mustard
- 75 ml olive oil
- salt to taste
- 250 goat cheese, crumbled
- 125 ml cashews, salted, roasted, and coarsely chopped

Instructions

1. Trim the ends of the green beans, cook in boiling water for 2 minutes, drain and cool. Pat dry.
2. Combine spinach with herbs. Mix in the green beans.
3. Prepare dressing: whisk vinegar with garlic, mustard and salt. Mix in olive oil.
4. When ready to serve, add dressing, sprinkle with cashews and goat cheese.