SPINACH SALAD WITH HERBS, GOAT CHEESE AND CASHEWS

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.
4. When ready to serve, add dressing, sprinkle with cashews and goat cheese.

Calcium Recommended Daily Intake 23.60%