



## Side Salad

Serves 2 (each serving is approximately 65 kcal)

**PROUDLY SUPPORTING**  
**OPERATION TRANSFORMATION 2021**



### Ingredients

- 80g baby spinach leaves
- 2 ripe tomatoes
- ¼ cucumber
- 1 tablespoon vinaigrette salad dressing (shop-bought or see separate recipe - 15g)

### Method

Put the spinach leaves in a bowl. Dice the tomatoes and cucumber and scatter on top. Dress with the vinaigrette, tossing to coat and arrange on plates to serve.