



## Side Salad

Serves 2 (each serving is approximately 500 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.