

## Colourful Spring Salad



### Ingredients

- 80g Baby Spinach leaves**
- 80g Watercress**
- 1 Yellow Pepper, de-seeded and cut into small cubes**
- 1 Orange pepper, de-seeded and cut into small cubes**
- ½ Cucumber, chopped into cubes**
- 150g Cherry tomatoes, halved**
- 3-4 Spring onions, peeled and chopped**
- Handful of Cashew nuts**

### Method

- 1) Layer your serving bowl with the spinach and watercress
- 2) Add the yellow and orange peppers, cucumber, tomatoes & spring onions
- 3) Sprinkle on the cashew nuts
- 4) Serve with a salad dressing of your choice

Spinach is nutrient-rich, packed with vitamin C, K, folic acid, iron and calcium. It is at its best between March and June. When buying, look for bright green leaves with no yellow or wilting leaves.

**Top Tip:** Wash all your salad vegetables well before prepping, especially if they are home-grown and covered in compost.

