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Mixed Green Salad With Strawberries

Bring a burst of colour to your winter with this refreshing green salad, perfectly complemented by a balsamic vinaigrette and the addition of fresh strawberries, nuts and cheese.

Prep Time: 20 minutes Serves: 6 servings (Vegetarian)

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Ingredients

- 200g baby greens or fresh baby spinach
- 200g strawberries, hulled and quartered (or other berries)
- 100g crumbled blue cheese (e.g., Roquefort) or goat cheese (e.g., Sainte Maure)
- 65g chopped pecans or other nuts, candied if desired, preferably toasted
- 2 tbsp extra-virgin olive oil
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp pure maple syrup or honey (optional)
- 1/4 tsp table salt
- 1/4 tsp freshly ground black pepper

Method

STEP 1

To make the dressing, whisk together the oil, vinegar, mustard, maple syrup, salt and pepper in a small bowl until well combined.

STEP 2

In a large bowl, place the greens, strawberries, cheese and nuts. Pour the desired amount of dressing over the salad mixture and toss to combine. Serve immediately.

Note:

You can adjust the ingredients to suit your personal preferences, whether by swapping berries, choosing a different type of cheese or adding your favourite nuts.

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