



Spinach Frisee and Strawberries Salad

10'

Hands on

12'

Cook Time

4-6

Portion(s)

1

Difficulty



Ingredients

- 200 g baby spinach
- 1 medium head of frisee lettuce, cut into pieces
- 250 g strawberries
- 2 tablespoons basil, finely chopped
- 1 small onion, very finely chopped
- 7 teaspoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon mayonnaise
- some salt
- 5 tablespoons olive oil

For the croutons

- 3 pieces of sliced bread, cut into cubes
- 1 tablespoon olive oil
- salt
- pepper

Method

- Preheat oven to 160* C (320* F) Fan.
- Put the vegetables and fruit into a [bowl](#) and gently toss to combine.
- Make the vinaigrette by whisking the remaining ingredients.. the olive oil, mustard, balsamic vinegar, mayonnaise and some salt in a bowl.
- Add the olive oil one drop at a time in the beginning, until the mixture starts to thicken. Then you can add it a little faster while mixing, until all of the ingredients combine completely and you create a rich vinaigrette.
- If it becomes too thick, add a little water.
- Drizzle vinaigrette over salad and toss.

For the croutons

- Cut the slices of bread into bite sized cubes. Drizzle with 1 tablespoon of olive oil and season with salt and pepper. Toast in the oven for 10-12 minutes.
- Add the croutons to the salad and serve.

Tip

Strawberries are very acidic, especially when they first come into season. Their taste suit greens perfectly!

Διατροφικός πίνακας

Nutrition information per portion

197 Calories (kcal)	14.0 Total Fat (g)	1.9 Saturated Fat (g)	12.0 Total Carbs (g)
10%	20%	10%	5%
4.0 Sugars (g)	3.2 Protein (g)	2.7 Fibre (g)	0.78 Sodium (g)
4%	6%	11%	13%