



Iron Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

Baby Spinach
Petite Tomatoes
Mini Mozzarella Cheese
Pine Nuts

Dressing

Balsamic Vinegar
Olive Oil
Mustard
Honey
Crushed Garlic
Black Pepper and Sea Salt

Instructions

This salad is made of iron rich ingredients. It is so good when you are feeling under the weather.

First combine all dressing ingredients and rest it for a while. If you like it sweet add more honey or you want a bit of tang then more mustard. I like a lot of black pepper. You can also add herbs of your choice. I sometimes to basil, dry or fresh depending on the availability and mood.

Toss the tomatoes into the dressing to coat them with the flavour.

Do the same with the spinach, but only just before serving or spinach will go bitter. Toss and mix the spinach and dressing, plate it on a flat plate and tumble in the tomatoes and cheese, sprinkle the pine nuts finally.

Drizzle over the left over dressing to finish.