

## *Spinach, walnut, pomegranate and feta salad*

*Serves 2*

*250 calories*

### *Ingredients*

*100g baby leaf spinach*

*Small handful of dill*

*¼ small onion, finely sliced*

*80g pomegranate arils*

*30g walnuts, lightly crushed*

*2 tsp pumpkin seeds, toasted*

*25g feta cheese, crumbled*

### *Dressing*

*½ lemon, juiced*

*2 tbsp extra virgin olive oil*

*1 tsp honey*

*¼ tsp allspice*

*Small pinch of smoked paprika*

*½ small garlic clove, crushed*

*Pinch of sea salt*



### *Method*

- 1. Add the spinach, onion, pomegranate, walnuts, pumpkin seeds and feta to a medium-sized bowl with the oil and lemon juice then toss gently.*
- 2. Add the dressing ingredients to a small bowl and whisk using a fork to combine well.*
- 3. Dress the salad.*
- 4. Serve on small plates.*