

FRESH CUT SALAD

Salad Base:

- 2 cups baby spinach
- 1 cup rocket (arugula)
- ½ cup Fresh Cut microgreens (beetroot & parsley mix)

Toppings:

- ½ cup baby beets, sliced or quartered
- 1 nectarine, thinly sliced
- ½ cup crumbled feta cheese

Dressing:

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp honey (optional, for added sweetness)
- Pinch of salt and freshly ground black pepper
- 1 tsp Dijon mustard

Method:

Prepare the Base:

In a large salad bowl, combine the baby spinach, rocket, and Fresh Cut microgreens for a flavorful and nutrient-rich foundation.

Layer the Toppings:

Scatter the sliced baby beets and nectarine over the greens.

Sprinkle the crumbled feta cheese on top for a creamy and tangy touch.

Make the Dressing:

In a small bowl, whisk together olive oil, balsamic vinegar, honey (optional), Dijon mustard, salt, and pepper until emulsified.

Assemble the Salad:

Drizzle the dressing evenly over the salad. Toss gently to coat the ingredients without crushing the microgreens.

Serve and Enjoy:

Serve immediately as a light lunch, a starter, or a vibrant side dish.

