

Spinach, celery & smoked chicken salad



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Preparation: about 20 minutes

Cooking: about 3 minutes

Serves: 4 as a light meal

This salad is also great with sliced avocado tossed through it.

1/3 cup extra virgin olive oil

1/4 cup pine nuts

1 garlic cloves, crushed

2 tbs lime juice

Salt and ground black pepper

125g baby spinach leaves

3 celery sticks, thinly sliced diagonally

3 green onions (shallots), thinly sliced

350g smoked chicken breast fillets, sliced

100g parmesan cheese, shaved

1. Heat oil in a small frying pan over medium heat until sizzling. Add pine nuts and cook, stirring often, for 2–3 minutes until golden. Remove pan from heat and stir in garlic and lime juice. Season with salt and pepper. Set aside.
2. Combine spinach, celery, green onions and chicken in a large bowl. Drizzle with pine nut mixture and gently toss to combine. Spoon into serving bowls, top with parmesan and serve.



Spinach

- Spinach is rich in an antioxidant called lutein, which is needed by the eyes, especially as we grow older.
- Spinach is an excellent source of dietary fibre, which keeps the intestine functioning well.
- Although the iron in spinach is not well absorbed, its high content of vitamins C, E, beta carotene (converts to vitamin A in the body), niacin (B3), folate, vitamin B6, magnesium and potassium make it one of the most valuable vegetables.