



Spinach and mushroom salad

Serves: 4

Preparation time: 10 to 25 minutes, depending on the amount.

Ingredients

Corn, baby, sliced in half	20 baby corns	300g
Mushrooms, button, sliced	1 punnet	230g
Tomatoes, sliced	4 medium	600g
Onion, sliced	1 medium	120g
Spinach leaves, small	40 leaves	200g
Watercress	2 cups	70g
Black pepper, ground	To taste	
Coriander, fresh sprigs, for garnish	4 sprigs	
Lime slices, for garnish	4 slices	

Cooking instructions

- Halve the baby corn, and slice the mushrooms and tomatoes. Cut the onion into thin rings.
- Mix the spinach, baby corn, onion, mushrooms, tomatoes and watercress and arrange it on a serving plate.
- Season with pepper and garnish with fresh coriander and lime slices.