

# Side dish: salad

## Recipe and ingredients



200g spinach (frozen or whatever spinach you like)  
(frozen spinach- £1.50)



1 carrot- 10p



4 spring onions- 55p



cherry tomato- 70p

Use any vegetables you have!

(They don't have to be fresh; frozen or tinned are also good)



1. Defrost the spinach.  
(If using frozen spinach)



2. Peel and grate the carrot.



3. Chop the spring onions into small pieces.



4. Chop the cherry tomatoes into halves.



5. Mix all of these ingredients into a large bowl.