



ROYAL
VOLUNTARY
SERVICE

SPINACH & KALE SALAD

by Nadia Terry

SERVES 2

Ingredients

- Small bag of ready-washed spinach
- ½ bag of kale
- 3 garlic cloves
- Small bunch of coriander and parsley chopped
- 5 tbsp olive oil
- ½ tsp turmeric
- ½ tsp ginger
- ½ tsp cumin
- ½ tsp paprika or chilli powder
- 100g red, green or black olives
- Juice of ½ lemon or preserved lemon
- Salt to taste



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Method

1. Steam spinach, kale, coriander, parsley, and garlic for 15-20 minutes.
2. Squeeze out excess water and chop the mixture.
3. Heat olive oil and spices in a pan.
4. Add the greens, cook until dry, about 10 minutes.
5. Stir in olives and lemon juice, season to taste.
6. Serve with pita or crusty bread as a side or light lunch.

OUR THANKS TO NADIA TERRY FOR THIS GUIDE.

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Registered charity 1015988 (England and Wales) & SC038924 (Scotland).
CS2665b_0720

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