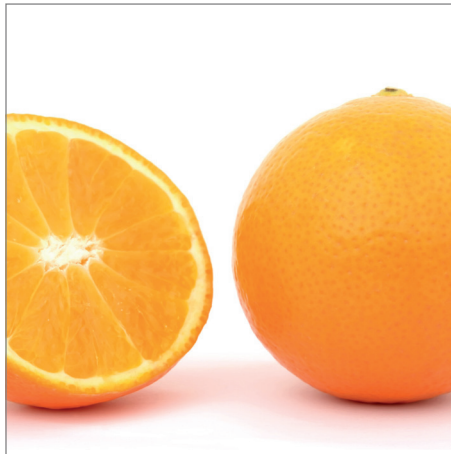


INGREDIENTS

180 g baby spinach
½ red onion, finely diced
1 orange, filleted
2 tbsp roasted pine nuts
2 tbsp orange juice
2 tbsp white wine vinegar
2 tablespoons of olive oil
2 tbsp honey
2 tbsp dijon mustard
1 tbsp coriander, chopped

PREPARATION

For the dressing, mix the orange juice, white wine vinegar, olive oil, honey and dijon mustard. Combine the baby spinach, orange fillets, onion, pine nuts and the coriander. Pour over the dressing and season with salt and pepper.



Vitamins C & E, carotenoids, beta-carotene



A recipe recommendation from
CHARMANT
for your eye health