



## SPINACH AND SWEET POTATO SALAD

Easy, delicious salad you can prep the night before a day at work

10 minutes

15 minutes

1 portion

### INGREDIENTS

- 1 cup of spinach (30g)
- 5g of rocket
- 15g cherry tomatoes
- 65g sweet potato
- 52g sliced cucumber
- 1 half of avocado (75 g)
- 2 boiled eggs (medium)
- 1 dash of salt
- 1 dash of black pepper
- 1 teaspoon of oregano
- 1 teaspoon of olive oil

### COOKING METHOD

- 1° Chop up all the ingredients and place in a bowl (except the eggs)
- 2° Give it a good mix
- 3° Transfer the salad from the bowl into a plate or a serving dish
- 4° Slice the eggs in half & add them to the salad
- 5° Slice the eggs in half & add them to the salad

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (325 g)	% DRI
ENERGY	75 kcal	245 kcal	12 %
PROTEIN	5 g	16 g	33 %
CARBOHYDRATE	7 g	22 g	9 %
SUGARS	3 g	11 g	12 %
FAT	3 g	11 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	12 %
FIBER	1 g	2 g	7 %
SODIUM	113 mg	368 mg	15 %