



VEGETARIAN

SPINACH AND RED KURI SALAD

Ingredients

(For 4 people)

- 3 tbsp colza oil
- 2 tbsp vinegar
- 1 handful pumpkin seeds
- 1 tsp powdered ginger
- Salt and pepper

Preparation:

For the dressing:

Combine all the ingredients.

Season.

For the salad:

Preheat the oven to 180°C.

Peel and hollow out the red kuri squash and dice the pulp.

Bake the red kuri squash for 25 minutes.

Peel the apples and cut them into half-moons.

Heat the oil in a stew pot and sauté the apples with the cinnamon.

Cook for approximately ten minutes.

Cut the avocados into small pieces.

Arrange the baby spinach leaves in the bottom of a salad bowl and add the other ingredients.

Combine all the ingredients.

Toss the salad with the dressing.