



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# WIFEY SALAD

**Time: 15 minutes**

**Serves: 4**

### Ingredients:

40g slivered almonds  
80g Kev's Kitchen balsamic vinaigrette  
200g baby spinach or chopped romaine  
80g crumbled feta cheese  
100g fresh raspberries  
100g fresh blueberries

### Preparation:

Place a medium frying pan on medium heat. Add the almonds, stirring or tossing often until lightly toasted. Remove from heat.

Place the dressing in a large bowl and add the spinach. Toss to coat evenly.

Garnish with feta, berries, and almonds.

Serve immediately.

### Nutritional Information Per Serving:

Calories: 265  
Fat: 23g  
Carbs: 11g  
Fibre: 4g  
Protein: 7g