

Spinach Berry Explosion Salad



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Lula Martin del Campo

It updates classics in a hip, modern but unpretentious way. Unlike at other high-falutin' alta cocina Polanco palaces, this food aims to please without ostentation or dubious reinvention.



- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2014

Ingredients

Spinach Berry Explosion Salad

- 6 cups baby spinach
- 1 cup strawberries
- 1/2 cup crumbled goat cheese
- 1/2 cup cashew

Berry Explosion dressing

- 1/2 cup concentrated Dilmah Organic Berry Explosion tea, brewed with 4 tea bags
- 1 cup olive oil
- Salt
- Pepper
- 2 tbsp honey
- 1 tbsp thyme



Methods and Directions

Spinach Berry Explosion Salad

- In an electric blender, blend all the ingredients for the dressing.
- Mix the dressing with the spinach until the leaves are well coated in dressing.
- Add strawberries, goat cheese and the cashew.
- Serve in a plate as shown in the picture.

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