

3. Avocado, Spinach and Walnut salad

Ingredients (serves 4):

- 1 1/2 tablespoons roughly chopped walnuts
- 200g baby spinach leaves
- 1 ripe avocado, peeled, stone removed, sliced
- juice of 1 lemon

Directions:

1. Place walnuts into a small frying pan. Cook over medium heat, shaking frying pan often, for 3 to 4 minutes or until walnuts are golden and roasted. Remove from heat.
2. Arrange spinach and avocado on serving plates. Sprinkle over walnuts. Drizzle with lemon juice. Season with salt and pepper and serve.