

Spinach and Feta Salad

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This very simple salad is a great lunchbox filler. It's also a lovely way to use fresh spinach and red onion, and the olive oil and balsamic dressing gives a tart, tangy flavour.

Ingredients:

450g orzo pasta
300g baby spinach leaves
225g feta cheese
100g pine nuts
1 small red onion
100ml extra-virgin olive oil
100ml good-quality balsamic vinegar
Salt, pepper and a pinch of dried basil

Directions:

1. Bring a pot of boiling, salted water to the boil. Drop in the pasta and cook until tender, around 10 minutes.
2. Meanwhile, finely chop the spinach and the red onion. When the pasta is cooked, toss it with the spinach, red onion and pine nuts. Crumble in the cheese.
3. Whisk together the oil and vinegar and season with salt, pepper, and basil. Pour the dressing over the salad and toss well, then leave to cool.

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