

Turkey and Mango Salad

Serves: 6

Prep time: 15 minutes

Cook time: 5-10 minutes



1 serve per portion

Ingredients

½ cup sunflower and pumpkin seeds

¼ cup dijon mustard

1 tablespoon honey

¼ cup apple cider vinegar

¼ cup olive oil

½ teaspoon black pepper

5 cups baby spinach

200g cherry tomatoes, halved

½ red onion, thinly sliced

500g cooked turkey breast, sliced or shaved

1 large mango, sliced

½ cup dried cranberries



Everyday Food

Method

HEAT a frypan over medium heat. Dry toast the sunflower and pumpkin seeds for 5 minutes or until golden. Set aside to cool.

COMBINE mustard, honey, vinegar, olive oil and pepper in a small jug to make the dressing.

COMBINE baby spinach, tomatoes and red onion in large salad bowl.

SPRINKLE turkey meat, mango, cranberries and seeds on top of salad vegetables.

DRIZZLE a small amount of dressing on salad and serve with remainder in small jug.

Recipe courtesy of the Country Kitchens team