

Pea salad with baby spinach

Ingredients required for 4 persons

Preparation time 20 minutes

Difficulty easy

Ingredients

300 g baby spinach
1 avocado
0.5 Tasse fresh peas
1 lemon
3 EL camelina oil
1 EL raw cane sugar or honey
salt and pepper



Preparation

Wash the baby spinach and allow to drip in a sieve. Peel the fresh peas and collect around half a cup - you can also use defrosted frozen peas instead to save time. Cut avocado in half, remove the kernel, scoop out the pulp with a spoon and chop. Gently mix spinach, peas and avocado in a salad bowl. Prepare a dressing from camelina oil, honey, the juice of half a lemon, salt and pepper. Pour over the salad right before serving. Garnish with lemon slices.

By the way

Camelina oil has a natural taste of fresh peas and therefore pairs perfectly with peas.