



YOU CAN COOK  
AND YOU DO HAVE THE TIME

**Kev's Kitchen**

# STRAWBERRIES & GREENS

**Time: 15 minutes**

**Serves: 6**

## **Ingredients:**

20g apple cider vinegar  
20g honey  
10g minced or grated sweet onion  
8g sesame seeds  
4g poppy seeds  
1.5g kosher salt  
1 pinch cayenne pepper  
60g grape seed or other neutral-flavoured oil  
300g fresh strawberries - hulled and sliced  
300g mixed greens

## **Preparation:**

Place the vinegar, honey, onion, sesame seeds, poppy seeds, salt and cayenne in a small bowl and whisk in the oil.

Pour the vinaigrette into a large bowl. Add the strawberries and greens on top, then toss by hand to evenly coat.

Serve immediately.

## **Nutritional Information Per Serving:**

Calories: 163  
Fat: 13g  
Carbs: 10g  
Fibre: 2g  
Protein: 2g