



YOU CAN COOK  
AND YOU DO HAVE THE TIME

**Kev's Kitchen**

## FIG & PROSCIUTTO SALAD

**Time: 30 minutes**

**Serves: 4**

### **Ingredients:**

50g sliced almonds  
4 figs – quartered  
8 slices prosciutto – halved lengthwise  
200g baby spinach  
30ml fig balsamic vinegar

### **Preparation:**

Place a frying pan on medium heat and add the almonds. Toss or stir often until toasted. Set aside.

Wrap each fig quarter with a slice of prosciutto.

Place the spinach in a bowl. Top with the almonds, prosciutto-wrapped figs and vinegar.

### **Nutritional Information Per Serving:**

Calories: 155  
Fat: 11g  
Carbs: 6g  
Fibre: 3g  
Protein: 11g