

# Spinach, Pear and Date Salad

**Season:** Autumn

**Type:** Salad

**Serves:** 36 tastings

**From the garden:** Spinach



## Equipment:

Small bowl x 1  
Large bowl x 1  
Wooden spoon x 1  
Whisk x 1  
Chopping boards and knives  
Measuring cups  
Measuring spoons  
Serving bowl x 5  
Serving spoon x 5

## Ingredients:

4 cups spinach leaves (cut into bite size)  
8 dates (chopped)  
3 pears (skin-on, cubed – 1cm)  
½ onion (finely chopped)

### *Dressing:*

4 tablespoons olive oil  
4 tablespoons balsamic vinegar  
2 tablespoons brown sugar  
1 teaspoon Dijon mustard  
¼ teaspoon salt  
10 grinds of pepper

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Mix all the ingredients for dressing together in a small bowl. Set aside.
3. Put spinach, dates, pears and onion in a large bowl.
4. Add dressing and toss well.
5. Serve into 5 large serving bowls with a serving spoon in each.