

# Spinach with Veal and Crunchy Apples Salad

*Servings per recipe: 1*

*Each servings counts as 1 protein, 1 vegetable and 1 fruit*

This recipe works well with chicken or fish also.

## Ingredients

- ¼ cup spiced chai tea (see recipe under 'extras')
- 100 grams veal or lean beef (can be cubed into bite sized pieces)
- 100 grams spinach leaves
- 1 apple cut into small pieces



## Directions

Pour spiced chai tea into pan with salt, pepper and herbs as desired.

Add veal and apples to pan and simmer on medium heat until veal is well cooked and apples are tender. (I sometimes serve the apple raw)

Cut veal into bite sized pieces.

Place spinach in a deep bowl.

Add veal and apple to spinach and mix with any juices from the pan. (Adding more tea makes more juice which serves as your salad dressing).

Toss with sea salt, pepper, herbs and spices.

**Enjoy!**