

SPINACH CHEESE RONDO WITH KALE AND BRUSSEL SPROUTS

INGREDIENTS

1 pack Garden Gourmet Spinach Cheese Rondo
200 g brussels sprout
100 g kale (without the stems)
30 g cashew nuts
20 g dried cranberries
20 ml lemon juice
3 tablespoons Oil, olive, salad or cooking
2 cloves garlic
thyme

 2 SERVINGS

 25 MIN

 EASY

Indulge in the delightful flavors of this Spinach Cheese Rondo with Kale and Brussel sprouts, a delicious dish that combines the goodness of spinach, cheese, and nutritious greens. Its unique combination of ingredients and flavors will impress you and leave craving for more

PREPARATION

1. Prepare the brussels sprouts

Boil the Brussels sprouts for 5 minutes. Strain, drain, and cut them in half. Sauté them with 1 tablespoon of olive oil, along with the sliced garlic, in a frying pan over high heat for a few minutes to brown them.

2. Cook the Spinach Cheese Rondo

In the meantime, prepare the Rondo following the instructions on the package.

3. Prepare the kale

Massage the kale with a tablespoon of olive oil and 5 ml of lemon juice for 3 minutes to soften it.

4. Assemble the dish

Place the kale at the base of the dish and add the Brussels sprouts, dried cranberries, and cashews to assemble the dish. Top with the Rondo, cut in half.

5. Prepare the dressing and serve!

Mix the remaining tablespoon of olive oil with the lemon juice and thyme. Dress the dish with the lemon and thyme dressing and serve!

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