



# Smoked Salmon, Avocado and Tomato Salad with Pesto Dressing

Lunch 5 Minutes • 1 of your 5 a day

5A



Baby Plum Tomatoes



Avocado



Smoked Salmon



Pea Shoots



Croutons



Pesto Dressing

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## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Knife, Cutting Board, Bowl.

## Ingredients

	Quantity
Baby Plum Tomatoes**	125g
Avocado**	1
Smoked Salmon** 4)	40g
Pea Shoots**	40g
Croutons 7) 13)	1 pack
Pesto Dressing** 7)	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>222g</b>	<b>100g</b>
Energy (kJ/kcal)	1290 /308	582 /139
Fat (g)	24	11
Sat. Fat (g)	5	2
Carbohydrate (g)	14	6
Sugars (g)	3	1
Protein (g)	9	4
Salt (g)	1.78	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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1



2



3



## Get Prepped

a) Halve the **tomatoes**.

b) Halve the **avocado** and remove the stone.

c) Cut the **avocado** into squares (while it's still in its skin), then use a tablespoon to scoop out the flesh into a serving bowl (if eating straight away) or container (if taking your lunch somewhere and eating later).

## Finish the Prep

a) Pull the **smoked salmon pieces** apart into small chunks.

## Lunch is Served

a) If you're eating straight away, put your **pea shoots, croutons, tomatoes** and **dressing** into the bowl with the **avocado** and toss to coat.

b) Lay your **smoked salmon** on top and enjoy.

c) If you're eating later, add the **pea shoots, croutons, tomatoes** and **smoked salmon** to the container with the **avocado** and pop inside your fridge.

d) Drizzle over the **dressing** and toss to coat just before serving.

c) Finish up and prepare to be swept away with an audiobook of your choice

## Enjoy!

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