



Asian Style Smoked Salmon & Crunchy Veg Salad

with Ginger, Sesame and Lime Dressing

5A

Lunch 5 Minutes • 1 of your 5 a day



Ginger Puree



Sesame Oil



Lime



Coleslaw Mix



Rocket



Sugar Snap Peas



Smoked Salmon

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Bowl, chopping board and knife.

Ingredients

Ingredients	Quantity
Ginger Puree	1 sachet
Sesame Oil 3)	1 sachet
Lime**	½
Coleslaw Mix**	120g
Rocket**	20g
Sugar Snap Peas**	80g
Smoked Salmon** 4)	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 339g	Per 100g 100g
Energy (kJ/kcal)	1600/381	472/113
Fat (g)	28.0	8.3
Sat. Fat (g)	4.6	1.2
Carbohydrate (g)	21.9	6.5
Sugars (g)	10.7	3.2
Protein (g)	13.6	4.0
Salt (g)	2.28	0.67

Nutrition for uncooked ingredients based on 1 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **4)** Fish

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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2



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Make the Dressing

a) In your serving bowl (or a portable container if you aren't eating it straight away), mix together the **ginger puree** and **sesame oil**.

b) Halve the **lime** and squeeze in some **juice**, then stir to combine - this is your **dressing**. **TIP:** If you aren't eating lunch straight away, dress the salad just before eating.

Add the Veg

a) Add the **coleslaw mix** and **rocket** to the bowl.

b) Add the **sugar snap peas**.

c) Toss the **vegetables** in the **dressing** to coat well.

Lunch is Served

a) Tear or cut the **salmon slices** into bite-size pieces.

b) Top the **crunchy veg salad** with the **salmon**.

Enjoy!