



Crunchy Lettuce, Tomato and Avocado Salad with Dijon and Honey Vinaigrette

1A

Special Sides 5-10 Minutes • 1 of your 5 a day • Veggie



Honey



Red Wine Vinegar



Dijon Mustard



Premium Tomatoes



Baby Gem Lettuce



Avocado

Pantry Items
Salt, Pepper, Olive Oil

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 and chopping board.

Ingredients

Ingredients	Quantity
Honey	1 sachet
Red Wine Vinegar 14)	1 sachet
Dijon Mustard 9) 14)	10g
Premium Tomatoes	125g
Baby Gem Lettuce**	1
Avocado	1

Pantry	2P
Olive Oil for the Dressing*	1½ tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1035 /247	500 /119
Fat (g)	21.5	10.4
Sat. Fat (g)	4.0	2.0
Carbohydrate (g)	10.1	4.9
Sugars (g)	9.1	4.4
Protein (g)	2.8	1.4
Salt (g)	0.30	0.14

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard 14) Sulphites

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) Pop the **honey**, **vinegar**, **Dijon mustard** (see ingredients for amount) and **olive oil** (see pantry for amount) into a medium bowl.

b) Season with **salt** and **pepper** and mix together.

c) Halve the **tomatoes** and add them to the **dressing**. Mix again and set aside.

Get Chopping

a) Trim the **baby gem** and separate the leaves.

b) Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board.

c) Chop the **avocado** into 2cm chunks.

Finish and Serve

a) Just before you're ready to serve, add the **lettuce** and **avocado** to the **dressing** and **tomatoes**.

b) Toss to coat and serve in a large sharing bowl.

Enjoy!