



Falafel, Pea Shoot and Beetroot Salad with a Dill Yoghurt Dressing | Serves 1

Lunch 5 Minutes • 1 of your 5 a day

Nº 5A



Dill



Greek Yoghurt



Cooked Beetroot



Pea Shoots



Falafels

Before you start

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

Cooking tools, you will need:

Bowl, Wooden Spoon, Knife, Cutting Board.

Ingredients

	Quantity
Dill**	1 bunch
Greek Yoghurt 7)**	75g
Cooked Beetroot**	250g
Pea Shoots**	40g
Falafels**	1 pack

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	224g	100g
Energy (kJ/kcal)	849 /203	380 /91
Fat (g)	8	4
Sat. Fat (g)	6	3
Carbohydrate (g)	25	11
Sugars (g)	14	6
Protein (g)	8	4
Salt (g)	0.86	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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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 You can recycle me!



1



2



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Quick Prep

a) Roughly chop the **dill** (stalks and all) and pop it into your serving bowl. Mix in the **Greek yoghurt** and season with **salt** and **pepper** (if you have any).

b) Chop the **beetroot** into equal sized **wedges**.

TIP: If you have any, wear gloves when handling the beetroot to avoid staining your hands.

Get Dressed

a) Pop the **pea shoots** into the serving bowl with the **yoghurt dressing**. Toss to coat the **leaves** fully.

b) TIP: If you are preparing the salad in advance to be eaten later, pop the pea shoots into a container and keep the yoghurt dressing separate for now. Add it to the pea shoots just before serving.

Finish and Eat

a) Pop the **beetroot wedges** on top of the **pea shoots**.

b) Top with the **falafels**.

c) Lunch is served.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.