



Falafel and Avocado Salad and Feta and French Dressing

Lunch 5 Minutes • 1 of your 5 a day

5A



Avocado



Feta Cheese



Rocket



French Dressing



Ready to Eat Falafels



Walnuts

Before you start

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

Cooking tools, you will need:

Knife, Cutting Board, Spoon, Bowl.

Ingredients

	Quantity
Avocado**	1
Feta Cheese 7) **	50g
Rocket**	20g
French Dressing 9)	1 sachet
Ready to Eat Falafels**	1 pack
Walnuts 2)	40g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	183g	100g
Energy (kJ/kcal)	2020 /483	1104 /264
Fat (g)	42	23
Sat. Fat (g)	12	6
Carbohydrate (g)	18	10
Sugars (g)	4	2
Protein (g)	12	7
Salt (g)	1.44	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 9) Mustard

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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Packed in the UK

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Prep the Avocado

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

b) Cut the **avocado** into squares (while it's still in its skin), then use a spoon to scoop out the flesh.

Finish the Prep

a) Chop the **feta** into 2cm cubes.

b) Place your **rocket** into a serving bowl, pour the **dressing** over and toss to coat.

c) TIP: *If you're eating later, add the rocket, feta, avocado and walnuts to a container and pop inside your fridge. Toss the **salad** and drizzle over the remaining **dressing** just before serving.*

Assemble and Serve

a) Place the **feta** and **avocado** on top of the **dressed rocket**.

b) Place the **falafel** on top and sprinkle over the **walnuts**.

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.