



# Goat's Cheese and Fig Salad with Rocket and Walnuts

Lunch 5 Minutes

5A



Figs



Goat's Cheese



Rocket



French Dressing



Walnuts

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## Before you start

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

## Cooking tools, you will need:

Bowl and Spatula.

## Ingredients

	Quantity
Figs**	2
Goat's Cheese** 7)	63g
Rocket**	40g
French Dressing 9)	1 sachet
Walnuts 2)	20g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>116g</b>	<b>100g</b>
Energy (kJ/kcal)	941/225	809/194
Fat (g)	19	16
Sat. Fat (g)	6	5
Carbohydrate (g)	8	7
Sugars (g)	6	5
Protein (g)	7	6
Salt (g)	0.56	0.48

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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1



2



3



## Start It Off

a) Quarter the **figs**.

b) Crumble the **goat's cheese**.

## Get Dressed

a) Pop the **rocket** into a bowl with the **French dressing**.

b) Toss to coat the leaves.

## Finish and Serve

a) Pop the cut **figs** on top of the **rocket**.

b) Scatter over the **goat's cheese** and **walnuts**.

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

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.

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