



Goat's Cheese and Fig Salad with Rocket and Walnuts

Lunch 5 Minutes • Veggie

5A



Figs



Goat's Cheese



Rocket



French Dressing



Walnuts

Before you start

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

Cooking tools

Cutting board, knife and bowl.

Ingredients

	Quantity
Figs**	2
Goat's Cheese** 7)	75g
Rocket**	40g
French Dressing 9)	1 sachet
Walnuts 2)	20g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	245g	100g
Energy (kJ/kcal)	2025/484	827/198
Fat (g)	40	16
Sat. Fat (g)	13	5
Carbohydrate (g)	16	6
Sugars (g)	12	5
Protein (g)	16	7
Salt (g)	1.25	0.51

Nutrition for uncooked ingredients based on 1 person recipe.

Allergens

2) Nuts 7) Milk 9) Mustard

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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Packed in the UK

The Fresh Farm

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 You can recycle me!



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2



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Chop and Crumble

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**.

Enjoy!