



Lemon Dressed Courgette Ribbon Salad with Crushed Walnuts and Pea Shoots

Special Sides 15 Minutes • 1 of your 5 a day

2A



Courgette



Lemon



Walnuts



Pea Shoots



Croutons

Before you start

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

Cooking tools, you will need:

Vegetable Peeler, Zester, Large Bowl.

Ingredients

	Quantity
Courgette**	1
Lemon**	1
Walnuts 2)	20g
Olive Oil for the Dressing*	1½ tbsps
Sugar for the Dressing*	½ tsp
Pea Shoots**	40g
Croutons 7) 13)	1 pack

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	210g	100g
Energy (kJ/kcal)	967 /231	462 /110
Fat (g)	15	7
Sat. Fat (g)	2	1
Carbohydrate (g)	18	9
Sugars (g)	9	4
Protein (g)	7	3
Salt (g)	0.47	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 13) Gluten

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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You can recycle me!



1



2



3



Get Prepped

a) Trim the **courgette**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **courgette**. Stop when you get to the spongy center (discard the centre).

b) Zest and halve the **lemon**.

c) Roughly chop the **walnuts**.

Make the Dressing

a) Pop the **lemon zest** and **juice** in a large serving bowl.

b) Add the **olive oil** and **sugar** (see ingredients for both amounts) to the bowl and mix together.

c) Season with **salt** and **pepper**.

Mix and Eat

a) Add the **pea shoots**, **courgette ribbons**, **walnuts** and **croutons** to the bowl with the **dressing**.

b) Toss together to coat in the **dressing**.

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.