

# Lemon Dressed Courgette Ribbon Salad

with Crushed Walnuts and Pea Shoots

Special Sides 15 Minutes • 1 of your 5 a day

















Pea Shoots



Croutons

## Before you start

Our fruit and veggies need a little wash before you use

# 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 <b>7) 13)</b>	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

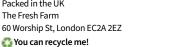
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#### HelloFresh UK

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# **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.