



# Smoked Salmon, Avocado and Tomato Salad with Pesto Dressing

Lunch 5 Minutes • 1 of your 5 a day

5A



Baby Plum Tomatoes



Avocado



Smoked Salmon



Pea Shoots



Pumpkin Seeds



Pesto Dressing

## Before you start

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

## Cooking tools, you will need:

Serving Bowl or Container.

## Ingredients

	Quantity
Baby Plum Tomatoes	125g
Avocado	1
Smoked Salmon** 4)	40g
Pea Shoots**	40g
Pumpkin Seeds	15g
Pesto Dressing 7)	2 sachets

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>215g</b>	<b>100g</b>
Energy (kJ/kcal)	1207/288	561/134
Fat (g)	25	12
Sat. Fat (g)	5	2
Carbohydrate (g)	6	3
Sugars (g)	3	1
Protein (g)	9	4
Salt (g)	1.32	0.62

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk

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

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1



2



3



## Get Prepped

a) Halve the **tomatoes**.

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

c) Cut the **avocado** into squares (while it's still in its skin), then use a tablespoon to scoop out the flesh onto a board and then into a serving bowl (if eating straight away) or container (if taking your lunch somewhere and eating later).

## Finish the Prep

a) Pull the **smoked salmon pieces** apart into small chunks.

## Lunch is Served

a) If you're eating straight away, put your **pea shoots, pumpkin seeds, tomatoes** and **dressing** into the bowl with the **avocado** and toss to coat. Lay your **smoked salmon** on top and enjoy.

b) If you're eating later, add the **pea shoots, pumpkin seeds, tomatoes** and **smoked salmon** to the container with the **avocado** and pop inside your fridge. Drizzle over the **dressing** and toss to coat just before serving.

Enjoy!