



Tuna, Avocado and Baby Leaf Salad with Pesto Dressing and Pumpkin Seeds

Lunch 5 Minutes • 1 of your 5 a day

5A



Avocado



Sugar Snap Peas



Baby Leaves



Pesto Dressing



Basil Flavoured Tuna



Pumpkin Seeds

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, bowl and spoon.

Ingredients

	Quantity
Avocado	1
Sugar Snap Peas**	80g
Baby Leaves**	50g
Pesto Dressing 7)	1 sachet
Basil Flavoured Tuna 4)	1 tin
Pumpkin Seeds	25g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	208g	100g
Energy (kJ/kcal)	1460/349	704/168
Fat (g)	29	14
Sat. Fat (g)	5	3
Carbohydrate (g)	6	3
Sugars (g)	2	1
Protein (g)	17	8
Salt (g)	0.76	0.37

Nutrition for uncooked ingredients based on 1 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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1



2



3



Get Prepped

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

b) Cut the **avocado** into squares (while still in its skin), then use a spoon to scoop out the flesh.

c) Halve the **sugar snap peas** lengthways.

Dress the Salad

a) Pop the **avocado**, **sugar snaps** and **baby leaf mix** into your serving bowl or container.

b) Add the **pesto dressing** and **half** the **pumpkin seeds**.

c) Mix well to coat everything in the **dressing**. **TIP:** *If making ahead, don't dress the salad just yet - keep the dressing to pour over just before eating.*

Finish and Serve

a) Top with the **tuna** and **remaining pumpkin seeds**.

Enjoy!