

# Tuna, Avocado and Baby Leaf Salad

with Pesto Dressing and Pumpkin Seeds

Lunch 5 Minutes • 1 of your 5 a day









Sugar Snap Peas





Baby Leaves

Pesto Dressing







Basil Flavoured Tuna



## 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 and bowl.

#### Ingredients

	Quantity		
Avocado	1		
Sugar Snap Peas**	80g		
Baby Leaves**	50g		
Pesto Dressing 7)	1 sachet		
Pumpkin Seeds	15g		
Basil Flavoured Tuna 4)	1 tin		

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	405g	100g
Energy (kJ/kcal)	2690 /643	664 / 159
Fat (g)	53.4	13.2
Sat. Fat (g)	9.6	2.4
Carbohydrate (g)	10.7	2.6
Sugars (g)	4.0	1.0
Protein (g)	30.1	7.4
Salt (g)	1.52	0.38

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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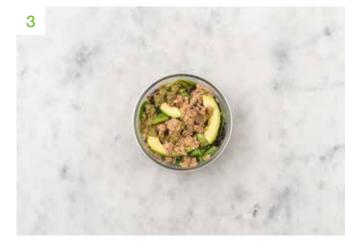
# Get Prepped

- 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!