



# Tuna & Avocado Salad

with Sugar Snap Peas and French Dressing

Special Sides 5 Minutes • 1 of your 5 a day

Nº 5A



Avocado



Sugar Snap Peas



Baby Leaves



French Dressing



Basil Flavoured Tuna



Croutons

## Before you start

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

## Cooking tools, you will need:

Bowl, Knife, Cutting Board.

## Ingredients

	Quantity
Avocado**	1
Sugar Snap Peas**	80g
Baby Leaves**	50g
French Dressing <b>9)</b>	1 sachet
Basil Flavoured Tuna <b>4)</b>	1 tin
Croutons <b>7) 13)</b>	28g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>216g</b>	<b>100g</b>
Energy (kJ/kcal)	1590 / 380	736 / 176
Fat (g)	30	14
Sat. Fat (g)	5	2
Carbohydrate (g)	14	6
Sugars (g)	4	2
Protein (g)	15	7
Salt (g)	1.20	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk 9) Mustard 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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## Prep

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

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

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

## Dress the Salad

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

**b)** Add the **French dressing**.

**c)** Mix well to coat everything in the **dressing**.

**TIP:** If making ahead, don't dress the salad yet. Keep the dressing to pour over just before eating.

## Finish and Serve

**a)** Top with the **tinned tuna** and **croutons**.

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.