



# Ploughman's Salad

with Cheddar Cheese, Onion Marmalade Dressing and Pear

**Lunch** 10-15 Minutes • 1 of your 5 a day • Veggie

14A

Find all your unchilled Market items in bag A.



Croutons



Onion Marmalade



Balsamic Vinegar



Mature Cheddar Cheese



Pear



Baby Leaf Mix

**Pantry Items**  
Oil, Salt, Pepper, Olive Oil

## Before you start

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

## Cooking tools

Baking tray and bowl.

## Ingredients

Ingredients	Quantity
Ciabatta <b>13</b>	1
Onion Marmalade	40g
Balsamic Vinegar <b>14</b>	12ml
Mature Cheddar Cheese** <b>7</b>	160g
Pear**	1
Baby Leaf Mix**	100g

Pantry	Quantity
Olive Oil for the Dressing*	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	298g	100g
Energy (kJ/kcal)	2508 /599	842 /201
Fat (g)	38.0	12.8
Sat. Fat (g)	19.0	6.4
Carbohydrate (g)	40.4	13.6
Sugars (g)	19.4	6.5
Protein (g)	25.3	8.5
Salt (g)	2.11	0.71

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 13) Cereals containing gluten 14) Sulphites**

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



## Make your Croutons

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7. Tear the **ciabatta** into roughly 2cm chunks.

**b)** Pop the **ciabatta** onto a baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.

**c)** Once the oven is hot, bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

## Get Prepped

**a)** Meanwhile, in a large bowl, mix together the **onion marmalade**, **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Set aside your **dressing** for later.

**b)** Chop the **Cheddar cheese** into 1cm cubes.

**c)** Quarter the **pear** lengthways (no need to peel), remove the core and chop into small pieces.

## Finish and Serve

**a)** When you're ready to serve, add the **baked croutons**, **premium baby leaf mix**, most of the **cheese** and most of the **pear** to the bowl of **dressing**.

**b)** Toss to fully coat in the **dressing**.

**c)** Divide the **salad** between your serving bowls and scatter over the remaining **Cheddar** and **pear** to finish.

Enjoy!