



# Smoked Salmon, Avocado and Pesto Salad with Baby Plum Tomatoes and Pea Shoots

Lunch 5-10 Minutes • 3 of your 5 a day

12A

Find all your unchilled Market items in bag A.



Baby Plum Tomatoes



Avocado



Smoked Salmon



Fresh Pesto



Pea Shoots



Pumpkin Seeds

**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

Bowl.

## Ingredients

Ingredients	Quantity
Baby Plum Tomatoes	250g
Avocado	2
Smoked Salmon** 4)	80g
Fresh Pesto** 7)	32g
Pea Shoots**	80g
Pumpkin Seeds	15g

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	386g	100g
Energy (kJ/kcal)	2462 /588	639 /153
Fat (g)	53.6	13.9
Sat. Fat (g)	10.2	2.7
Carbohydrate (g)	9.4	2.4
Sugars (g)	5.0	1.3
Protein (g)	15.4	4.0
Salt (g)	1.87	0.49

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

## 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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

Let us know what you think!

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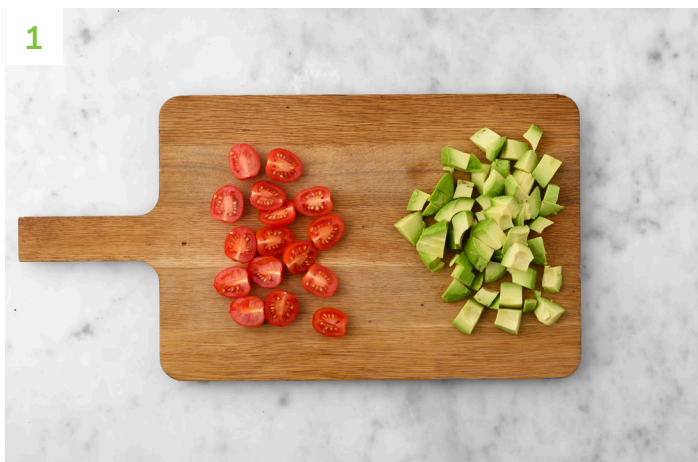
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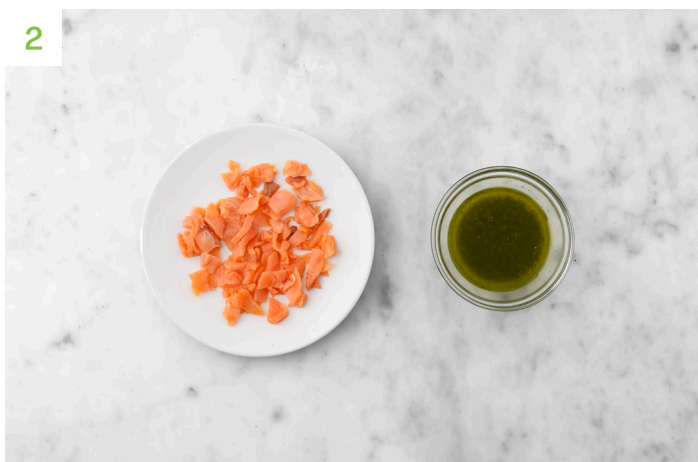
## Get Prepped

a) Halve the **baby plum tomatoes**.

b) Halve the **avocados** and remove the stones.

c) Use a tablespoon to scoop out the flesh onto a chopping board. Cut into 2cm chunks.

2

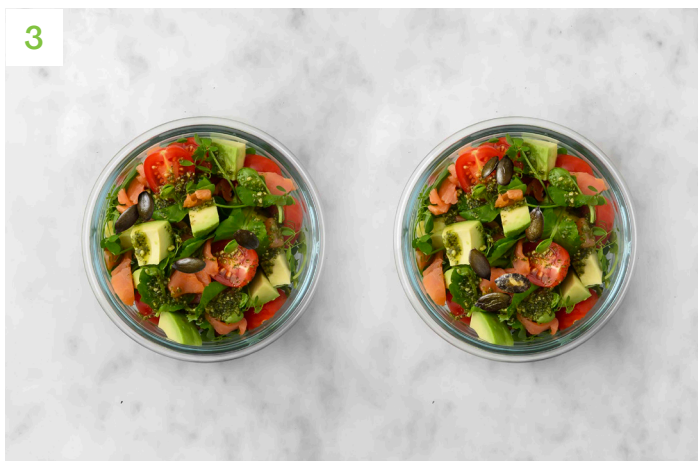


## Bring on the Salmon and Dressing

a) Cut the **smoked salmon** into small pieces.

b) Mix together the **fresh pesto** and the **olive oil for the dressing** (see pantry for amount) in a small bowl.

3



## Lunch is Served

a) Share the **pea shoots, smoked salmon, pumpkin seeds, tomatoes** and **avocado** between 2 serving bowls.

b) When you're ready to serve, drizzle over the **pesto dressing**. Toss gently to coat everything in the **dressing**.

Enjoy!