



Goat's Cheese, Fig and Walnut Salad with Rocket and French Dressing

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

12A

Find all your unchilled Market items in bag A.



Figs



Walnuts



Wild Rocket



French Dressing



Goat's Cheese

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
Figs**	4
Walnuts 2)	40g
Wild Rocket**	80g
French Dressing 9)	60g
Goat's Cheese** 7)	150g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	245g	100g
Energy (kJ/kcal)	2015 /482	823 /197
Fat (g)	40.0	16.3
Sat. Fat (g)	14.7	6.0
Carbohydrate (g)	16.3	6.6
Sugars (g)	12.5	5.1
Protein (g)	17.9	7.3
Salt (g)	1.47	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 7) Milk 9) Mustard

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

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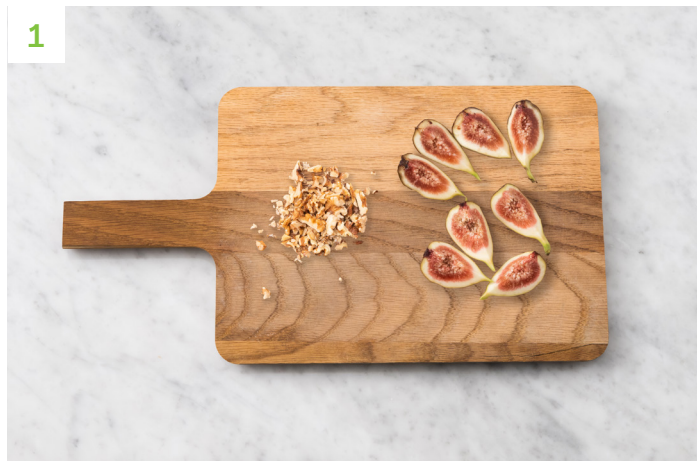
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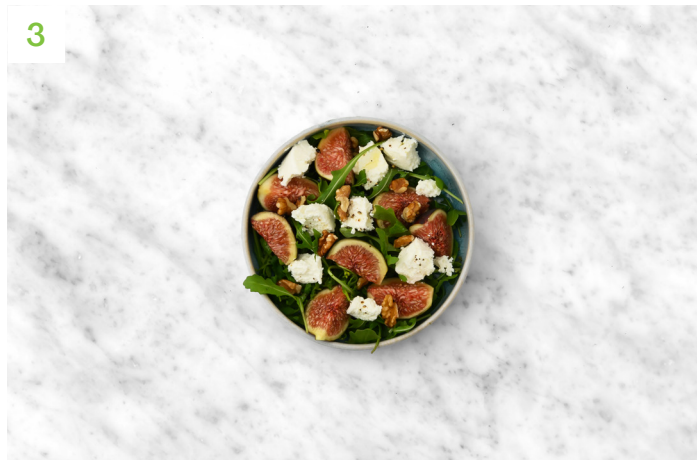
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2



3



Get Prepped

- Quarter the **figs**.
- Roughly chop the **walnuts**.

Dress to Impress

- Pop the **rocket** into a medium bowl with the **French dressing**.
- Toss to coat the **leaves**, then share between 2 serving bowls.

Lunch is Served

- Lay the **figs** on top of the **rocket**.
- Crumble over the **goat's cheese**.
- Scatter over the **walnuts** to finish.

Enjoy!