



Pesto-Ranch Dressed Avocado Side Salad with Ciabatta Croutons and Baby Gem Lettuce

Special Sides 10-15 Minutes • 1 of your 5 a day • Veggie

5A

Find all your unchilled Market items in bag A.



Ciabatta



Baby Gem Lettuce



Avocado



Ranch Dressing



Pesto

Pantry Items
Oil, Salt, Pepper

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 13)	1
Baby Gem Lettuce**	1
Avocado	1
Ranch Dressing 7) 8) 9)	30g
Pesto** 7)	32g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	196g	100g
Energy (kJ/kcal)	1575 /376	804 /192
Fat (g)	28.8	14.7
Sat. Fat (g)	5.5	2.8
Carbohydrate (g)	24.2	12.4
Sugars (g)	1.8	0.9
Protein (g)	6.5	3.3
Salt (g)	1.29	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten

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, mollusc, 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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1



Bake the 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) Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside to cool, 5-10 mins.

2

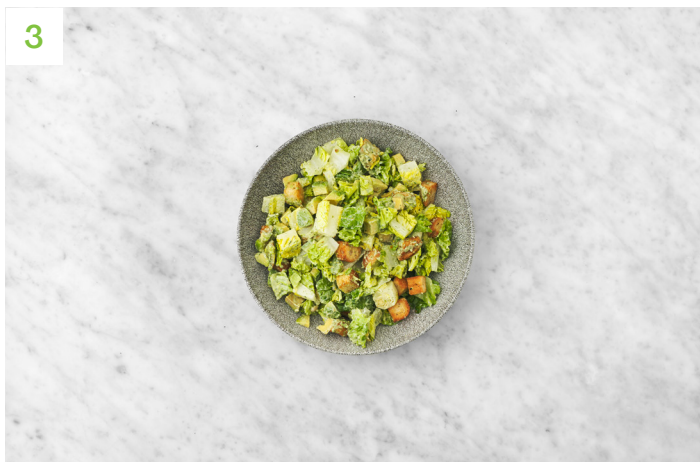


Prep the Veg

a) Meanwhile, trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

b) Halve the **avocado** and remove the stone. Cut the **avocado** into chunks (while it's still in its skin), then use a tablespoon to scoop out the flesh.

3



Finish and Serve

a) In a large bowl, combine the **ranch dressing** and **pesto**.

b) When you're ready to serve, add the **baked croutons**, **baby gem lettuce** and **avocado**, then toss to combine.

Enjoy!