



Speedy Tomato and Avocado Side Salad with a Dijon-Honey Vinaigrette

Special Sides 3-5 Minutes • 1 of your 5 a day • Veggie

5A

Find all your unchilled Market items in bag A.



Honey



Red Wine Vinegar



Dijon Mustard



Baby Plum Tomatoes



Baby Gem Lettuce



Avocado

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
Honey	15g
Red Wine Vinegar 14)	12ml
Dijon Mustard 9) 14)	10g
Baby Plum Tomatoes	125g
Baby Gem Lettuce**	1
Avocado	1

Pantry	Quantity
Olive Oil for the Dressing*	1.5 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	207g	100g
Energy (kJ/kcal)	1035/247	500/119
Fat (g)	21.7	10.5
Sat. Fat (g)	4.1	2.0
Carbohydrate (g)	10.1	4.9
Sugars (g)	9.0	4.4
Protein (g)	2.8	1.4
Salt (g)	0.31	0.15

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

Allergens

9) Mustard 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, 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



Make the Dressing

a) Pop the **honey**, **red wine vinegar**, **Dijon mustard** and **olive oil for the dressing** (see pantry for amount) into a medium bowl. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

b) Season with **salt** and **pepper** and mix together.

c) Halve the **tomatoes** and add them to the **dressing**. Mix again and set aside.

2



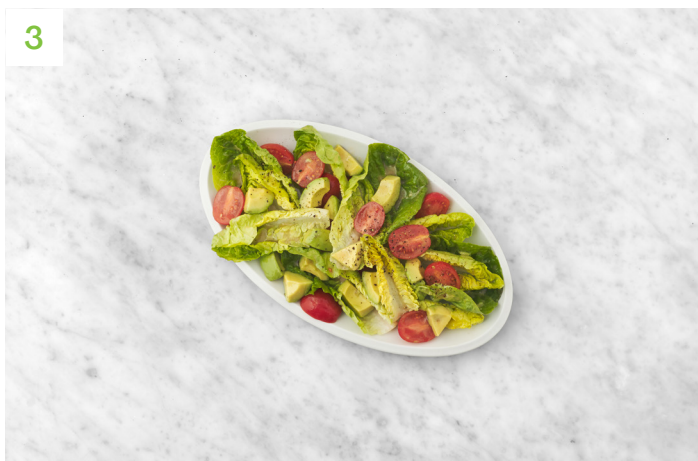
Get Chopping

a) Trim the **baby gem** and separate the leaves.

b) Halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh onto a board.

c) Chop the **avocado** into 2cm chunks.

3



Finish and Serve

a) Just before you're ready to serve, add the **lettuce** and **avocado** to the **dressing** and **tomatoes**.

b) Toss to coat and serve in a large sharing bowl.

Enjoy!