



Orkney Crab, Tenderstem® and Avocado Salad with a Caper and Lemon Dressing and Croutons

Lunch 15-20 Minutes • 2 of your 5 a day

12A

Find all your unchilled Market items in bag A.



Tenderstem® Broccoli



Ciabatta



Capers



Lemon



Orkney Crab Meat



Avocado



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Mayonnaise, Olive Oil, Sugar

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, fine grater and bowl.

Ingredients

Ingredients	Quantity
Tenderstem® Broccoli**	150g
Ciabatta 13)	1
Capers	30g
Lemon**	1
Orkney Crab Meat** 5)	100g
Avocado	1
Wild Rocket**	80g

Pantry	Quantity
Mayonnaise*	3 tbsp
Olive Oil*	2 tbsp
Sugar*	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2330 /557	596 /142
Fat (g)	40.2	10.3
Sat. Fat (g)	5.9	1.5
Carbohydrate (g)	32.1	8.2
Sugars (g)	5.9	1.5
Protein (g)	18.5	4.7
Salt (g)	1.68	0.43

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

Allergens

5) Crustaceans 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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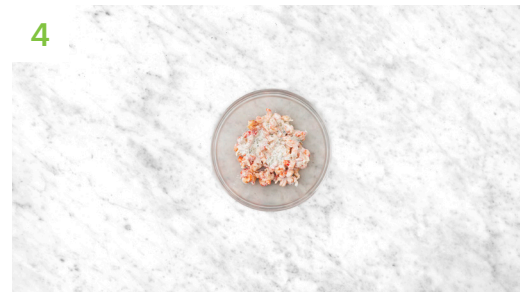
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Roast the Broccoli

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **broccoli** and cut into thirds.
- Pop the **broccoli** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the middle shelf until tender, 10-12 mins.



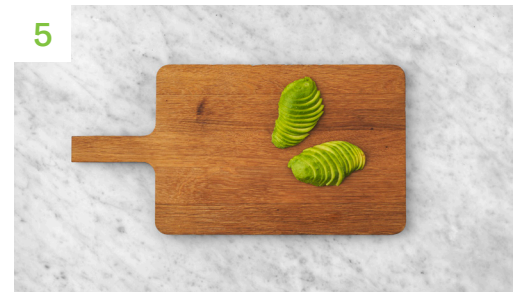
Feeling Crabby

- Pop the **crab meat** into a small bowl and stir through **one third** of the **caper and lemon dressing**.



Bring on the Croutons

- Meanwhile, tear the **ciabatta** into roughly 2cm chunks.
- Pop the **ciabatta chunks** onto another baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.
- Bake the **croutons** on the top shelf until golden, 8-10 mins, then remove from the oven and set aside.



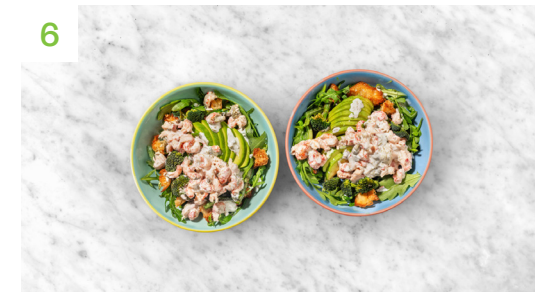
Hello Avo

- Halve the **avocado** and remove the stone.
- Use a tablespoon to scoop the flesh out onto a board, face-down.
- Slice into 0.5cm thick slices.



Make the Dressing

- While everything is in the oven, roughly chop the **capers**.
- Zest and juice the **lemon**.
- In a medium bowl, combine the **capers** and **lemon juice** with the **mayo**, **olive oil** and **sugar** (see pantry for amounts). Season generously with **pepper**.



Assemble your Salads

- Divide the **rocket** between 2 serving bowls and toss through the **baked croutons**.
- Drizzle over **half** the **caper dressing** and top with the **roasted broccoli** and **sliced avocado**.
- Top the **salads** with the **dressed crab meat**, then drizzle over the remaining **dressing**.
- Sprinkle over the **lemon zest** to finish.

Enjoy!