



**VEGETARIAN
EXPRESS**



Strawberry Salad, Rocket and Avocado

Ingredients

- 20g sunflower seeds
- 20g flaked almonds
- 160g diced avocado
- 40g lemon infused oil
- 60g butterhead lettuce
- 40g rocket leaves
- 160g strawberries
- 10g edible flowers

Sunflowers seeds may contain traces of Gluten

Method | SERVES 4

- Toast the flaked almonds and sunflower seeds for 5 minutes at 180°C until coloured.
- Cut strawberries and mix all ingredients together.
- Arrange as shown.

Typical Nutritional Values

	per 100g	serving 128g
Energy	726kJ 176kcal	930kJ 225kcal
Fat	16.0g	20.5g
of which Saturated	2.2g	2.8g
Carbohydrate	5.0g	6.4g
of which Sugars	2.9g	3.7g
Fibre	5.1g	6.5g
Protein	2.9g	3.7g
Salt	0.08g	0.10g

Suitable for: Vegan, Dairy free

Allergens: Tree Nuts

Impact | PER SERVING

This dish is inherently plant-based and using it is naturally better for the planet's environment