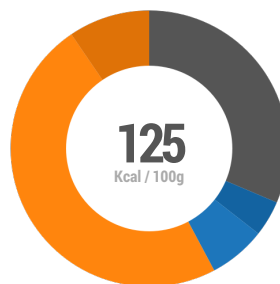


# Prawn & Scottish Smoked Salmon Salad

Succulent prawns with scottish smoked salmon, avocado, thousand island dressing and lemon oil

Overview ...

801731



CALORIES:

10.8% Carbs

31.4% Protein

57.8% Fat

Food Labelling...

Serves 1

CONTAINS:



EGGS



FISH



CRUSTACEANS

Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
3876 Coln Valley Scottish Smoked Salmon Skinless Slices.. - BRAKES	50g	
30814 M&J Seafood Medium Cold Water Prawns (24 May 2023)..	60g	
10332 Little Gem Lettuces.. - BRAKES	10g	
114206 Lambs Lettuce.. - BRAKES	5g	
89715 Sysco Classic Thousand Island Dressing (22 Jul 2023)..	15ml	
10306 Avocados.. - BRAKES	35g	
10364 Red Cherry Tomatoes.. - BRAKES	10g	
12068 Yellow Cherry Tomatoes.. - BRAKES	10g	
10230 Cucumber..	10g	
89773 Prep Premium Lemon Infused Oil 1 Litre.. - BRAKES	5g	
148955 - 148955 Radish.. - BRAKES	5g	

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 215g / 276kcal

# 1

#### Cooking Instructions & Notes

#### Preparation:

- Defrost the smoked salmon & prawns
- Cut and wash the gem lettuce
- Wash the lambs lettuce
- Finely slice the radish
- Peel the avocado and cut required portion into a bridge shape
- Blanch the red cherry tomatoes and twist skins up
- Slice the yellow cherry tomatoes

#### Method:

1. Using a mandolin slice the cucumber thinly lengthways
2. Mix the prawns with the thousand island dressing
3. Wrap the cucumber up on itself and fill with the prawns
4. Place this on your plate slightly off centre
5. Add the smoked salmon onto the plate
6. Garnish with the other ingredients
7. Dress the micro greens with the lemon oil and place on top of the prawns - serve