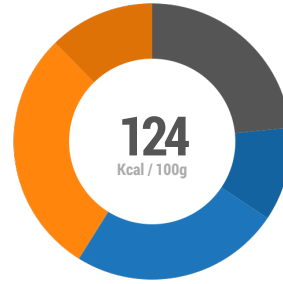


Strawberry Salad with Basil, Feta and Hot Smoked Salmon

By Oliver Lloyd from Brakes

Overview ...

U / 6457410



CALORIES:

35.5% Carbs

23.4% Protein

41.1% Fat

Food Labelling...

Serves 1

CONTAINS:



MILK



FISH



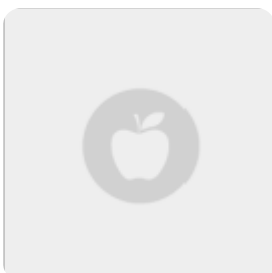
SULPHITES

Recipe Ingredients ...

	Quantity:	Description:
450610 Strawberries - BRAKES	50g	0.13x Each
521115 Yamas Greek Feta Cheese - BRAKES	15g	0.02x Each
113879 Premium Large Basil Bunch - BRAKES	5g	0.05x Each
88386 Brakes Glaze with Balsamic Vinegar of Modena	5g	
33254 Hot Smoked Salmon Flakes (skinless, boneless)	35g	
119260 Ardo Express Quick Frozen & Precooked Quinoa 1000g	80g	
10306 Avocados	40g	
10233 Radish - BRAKES	5g	0.04x Each
74063 Watercress - BRAKES	5g	0.5x Average Portion

Products / Pack Sizes ...

1 Serving



Product code

Barcode

240g / 308kcal

1

Preparation:

Defrost salmon

Defrost quinoa

Slice radish

Pick basil

Quarter strawberries

Method:

1. In a bowl mix the quinoa, picked basil, radish and hot smoked salmon - mix in half the feta.
2. Spoon the salad onto a suitable plate and drizzle with a little balsamic.
3. Garnish with the remaining feta, watercress and avocado - serve!