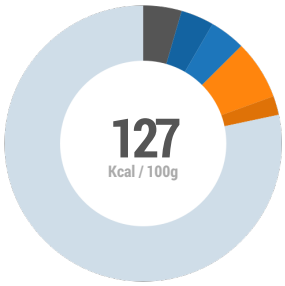
Inca Tomato, Mozzarella and Lentil Salad

Overview ...





WEIGHT:

8% Carbs
4.5% Protein
9.2% Fat
78% Water

Food Labelling...

Serves 1

CONTAINS:

MILK SULPHITES

MAY CONTAIN:

CELERY MUSTARD

Recipe Ingredients ...	Quantity:	Description:
136535 Ardo Tricolore Lentil Mix..	35g	0.35x Each
450706 Inca Tomatoes (19 Oct 2023)..	60g	
113879 Herb Bunched Basil..	5g	0.05x Each
10473 Spring Onions Bunch (19 Oct 2023)..	10g	0.1x Each
74817 Pomegranate Seeds (19 Oct 2023)..	5g	0.03x Each
149915 Granarolo Mozzarella Bocconcini..	15g	Each
88386 Glaze with Balsamic Vinegar of Modena..	5g	
33889 - 33889 Font Oliva Olive Oil.. -	10g	
102661 Micro Salad Rocket..	2g	0.07x Eac

Products / Pack Sizes ...

1 Serving

Product code
Barcode
147g / 196kcal
1

Cooking Instructions & Notes

Preparation:

Slice and chop the tomatoes
Slice the spring onion
Defrost the lentils
Cut the mini mozzarella
Pick the basil

Method:

1. In a bowl mix together the tomatoes, lentils, spring onion and basil with the olive oil and balsamic.
2. Spoon onto a suitable dish.
3. Place the mozzarella around the salad, finish with pomegranate and micro rocket - serve!