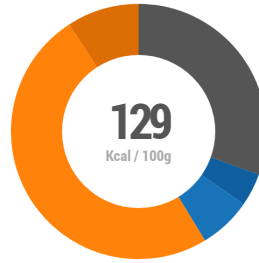


Prawn & Scottish Smoked Salmon Salad

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

OVERVIEW ...

801731



CALORIES:

10.8% Carbs

30.5% Protein

58.7% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



FISH



CRUSTACEANS

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

3876 Coln Valley Scottish Smoked Salmon Side D Cut Skin on..

SALMON

BRAKES 50g

unchanged

30814 Portico Classic Medium Cold Water Prawns..

PRAWNS

BRAKES 60g

unchanged

10332 Lettuce Little Gem..

LETTUCE LITTLE GEM FRESH DIRECT

BRAKES 10g

unchanged

114206 Lambs Lettuce..

LETTUCE

BRAKES 5g

unchanged

10306 Avocados..

AVOCADOS FRESH DIRECT

BRAKES 35g

unchanged

10364 Red Cherry Tomatoes..

RED CHERRY TOMATOES FRESH DIRECT

BRAKES 10g

unchanged

12068 Yellow Cherry Tomatoes (19 Oct 2023)..

YELLOW CHERRY TOMATOES

BRAKES 10g

unchanged

10230 Cucumber..

CUCUMBER FRESH DIRECT

BRAKES 10g

unchanged

89773 Prep Premium Lemon Infused Oil 1 Litre.. - BRAKES

LEMON INFUSED OIL 1 LITRE

BRAKES 5g

unchanged

148955 Radish..

RADISH

BRAKES 5g

unchanged

149972 Lion Thousand Island Sauce.. - BRAKES

149972 THOUSAND ISLAND SAUCE

BRAKES 15g

0.01 x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 215g / 284kcal

1.0

SUSTAINABILITY & FOOTPRINT...

🏠 Food Production

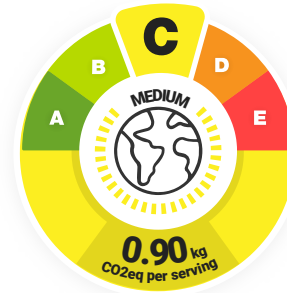
0.90kg

50.0g	3876 Coln Valley Scottish Smoked Salmon Side D Cut Skin ...	C	0.30kg
60.0g	30814 Portico Classic Medium Cold Water Prawns	C	0.47kg
10.0g	10332 Lettuce Little Gem	B	0.03kg
5.00g	114206 Lambs Lettuce	B	0.01kg
35.0g	10306 Avocados	A	0.02kg
10.0g	10364 Red Cherry Tomatoes	B	0.02kg
10.0g	12068 Yellow Cherry Tomatoes (19 Oct 2023)	A	0.01kg
10.0g	10230 Cucumber	A	0.00kg
5.00g	89773 Prep Premium Lemon Infused Oil 1 Litre	B	0.01kg
5.00g	148955 Radish	A	0.00kg
15.0g	149972 Lion Thousand Island Sauce	B	0.02kg

💧 Water Usage

327l

50.0g	3876 Coln Valley Scottish Smoked Salmon Side D Cut Skin ...	5	110l
60.0g	30814 Portico Classic Medium Cold Water Prawns	4	104l
10.0g	10332 Lettuce Little Gem	1	2.37l
5.00g	114206 Lambs Lettuce	1	1.19l
35.0g	10306 Avocados	4	69.3l
10.0g	10364 Red Cherry Tomatoes	X	-
10.0g	12068 Yellow Cherry Tomatoes (19 Oct 2023)	1	2.14l
10.0g	10230 Cucumber	X	-
5.00g	89773 Prep Premium Lemon Infused Oil 1 Litre	8	37.6l
5.00g	148955 Radish	X	-
15.0g	149972 Lion Thousand Island Sauce	X	-



foodprint



72% Data Quality Score

🚚 Your Transport & Packaging:

✓ 1 Serving 275g (serves 1.0)

COOKING INSTRUCTIONS & NOTES

METHOD

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:

- Using a mandolin slice the cucumber thinly lengthways
- Mix the prawns with the thousand island dressing
- 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