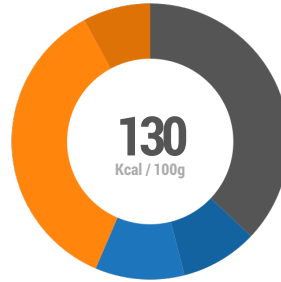


Scottish salmon with asparagus & rainbow grain salad

Pan fried salmon fillet with asparagus spears, sweet drop peppers, served with a rainbow grain salad

Overview ...



CALORIES:

19.4% Carbs

37% Protein

43.6% Fat

Food Labelling...

Serves 1

CONTAINS:



WHEAT



FISH



SOYA



SULPHITES

MAY CONTAIN:



TREE NUTS



PEANUTS



MILK



CELERY



MUSTARD



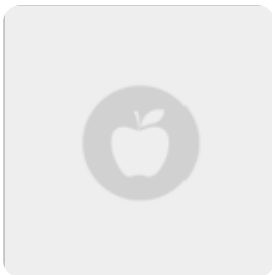
SESAME

Recipe Ingredients ...

	Quantity:	Description:
35018 - 35018 Portico Classic Salmon Fillet Suprêmes.. - BRAKES	155g	1 x Each
136344 Scratch Meals Rainbow Salad..	75g	
88386 Brakes Glaze with Balsamic Vinegar of Modena.. - BRAKES	3g	
74818 Pea Shoots (19 Oct 2023)..	5g	
116370 Asparagus (19 Oct 2023)..	30g	
120190 Sweet Red-Drop Peppers.. - BRAKES	20g	

Products / Pack Sizes ...

1 Serving



Product code

Barcode

288g / 379kcal

1

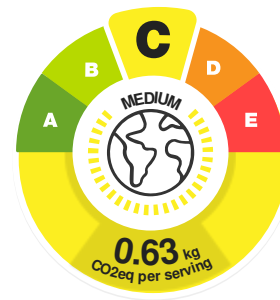
Sustainability & Foodprint...

Component	Grade	Contribution
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🏠 Food Production

0.63kg

155g	35018 Portico Classic Salmon Fillet Suprêmes	B	0.54kg
75.0g	136344 Scratch Meals Rainbow Salad	A	0.05kg
3.00g	88386 Brakes Glaze with Balsamic Vinegar of Modena	B	0.00kg
5.00g	74818 Pea Shoots (19 Oct 2023)	A	0.00kg
30.0g	116370 Asparagus (19 Oct 2023)	A	0.02kg
20.0g	120190 Sweet Red-Drop Peppers	A	0.01kg



💧 Water Usage

552l

155g	35018 Portico Classic Salmon Fillet Suprêmes	5	340l
75.0g	136344 Scratch Meals Rainbow Salad	X	-
3.00g	88386 Brakes Glaze with Balsamic Vinegar of Modena	X	-
5.00g	74818 Pea Shoots (19 Oct 2023)	X	-
30.0g	116370 Asparagus (19 Oct 2023)	5	64.5l
20.0g	120190 Sweet Red-Drop Peppers	8	147l



foodprint



66% Data Quality Score

🚚 Your Transport & Packaging:

✓ 1 Serving 288g (serves 1)

Cooking Instructions & Notes

Preparation:

Defrost salmon fillet
Trim asparagus stalk

Method:

1. Bring a pan of water to the boil, add the asparagus and cook for approx. 2 mins, remove and place in iced water.
2. Place a shallow pan on a moderately high heat, add the a little oil.
3. Place the salmon fillet skin side down in the hot oil & cook for approx. 2 mins.
4. Turn over and cook for another 3 mins - remove.
5. Put the rainbow salad into a bowl along with the asparagus & heat in a microwave on high power for approx. 1.5 mins.
6. Add the rainbow salad to the centre of your chosen dish, place the salmon fillet on top.
7. Now add the asparagus & sweet peppers, drizzle the balsamic glaze & finish with the pea shoots.
8. Serve as shown.