



# Chorizo, Avo and Goat's Cheese Salad

serves 2

Lunch 10 – 15 mins



Salad Leaves



Chorizo



Goat's Cheese



Cherry Tomatoes



Avocado



Balsamic Glaze

Pantry Items: Salt, Pepper, Oil



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## Before you start

Our fruit, veg and herbs need a wash before you use them!  
We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

## Ingredients

	Quantity
Salad Leaves	120 g
Chorizo	100 g
Goat's Cheese	100 g
Cherry Tomatoes	125 g
Avocado	1 unit
Balsamic Glaze	1 sachet

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	338.5 g	100 g
Energy (kJ/kcal)	2171.5 kJ/ 519 kcal	641.5 kJ/ 153.3 kcal
Fat (g)	40.7 g	12 g
Sat. Fat (g)	15.6 g	4.6 g
Carbohydrate (g)	19.7 g	5.8 g
Sugars (g)	7.3 g	2.2 g
Protein (g)	22.9 g	6.8 g
Salt (g)	2.2 g	0.7 g

*Nutrition for uncooked ingredients.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

## Contact

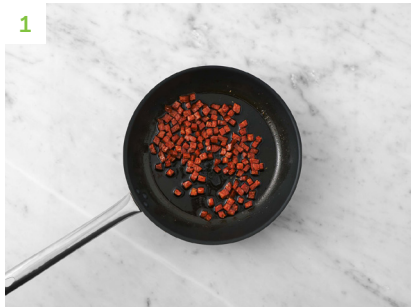
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## Fry the Chorizo

- Place a pan over medium-high heat (without oil).
- Once the pan is hot, fry the **chorizo** until starting to brown, 3-4 mins.
- Once cooked, remove the pan from the heat.

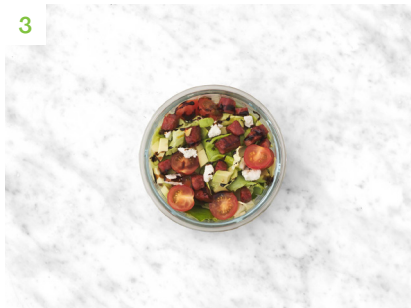
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## Dress the Salad

- Trim the **salad leaves**. Chop or tear into bite-sized pieces.
- To make the dressing, mix **balsamic glaze** and 1 tbsp **oil** in a salad bowl.
- Halve the **avocado** and remove the pit. Cut into chunks while still in its skin. Use a spoon to scoop the flesh into the bowl with the dressing.
- Halve the **tomatoes** and add to the bowl with the **avocado**.
- Just before serving, toss the **salad leaves** with the **avocado** and the dressing. Season to taste with **salt** and **pepper**.

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## Finish and Serve

- Divide the dressed salad between bowls.
- Top with the **chorizo** and a crumble of **goat's cheese**.
- Crack some **black pepper** onto the salad if desired, as much as you like.

## Enjoy!