



SUMMER QUINOA SALAD

with Avocado & Dates

Ingredients

Quinoa, lettuce, mint, parsley, capsicum, carrot, tomatoes, cucumber, radish, avocado, dates, olive oil, pumpkin seeds, nutritional yeast, dressing (lemon juice, dijon mustard, oregano, basil, maple syrup).

Chef's suggestion

Serve with warm naan bread or in a wrap

Best before

Keep refrigerated for up to 4 days.

Contains

- 1 x Salad container
- 1 x Dressing jar



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Nutrition Facts

Serving Size: 450g	Per Serve
Energy (kJ)	633,6
Protein (g)	23
Fat, total (g)	32,7
- saturated (g)	5,1
Carbohydrate (g)	72,8
- sugars (g)	25,9
Dietary Fibre (g)	18
Sodium (mg)	75,9