

**5** a-day • Eat at least 5 portions of different fruit and veg a day for healthier living • Small bowl/side salad = 1 portion

CANCER RESEARCH UK

# Leafy salad

A colourful combination of salad leaves with tatsoi  
Washed & ready to eat

## Ingredient description

To ensure you get the highest quality product, leaves and proportions of the mix may vary.



### Escarole

A crisp and crunchy succulent leaf, with a slightly bitter flavour.



### Endive

Endive has branching leaves that vary from dark green tips to a pale yellow centre. Endive has a mild bitter flavour.



### Radicchio

This lettuce has deep red/purple leaves with white veins. The leaves are crisp and have a characteristic bitter flavour.



### Tatsoi

This baby dark green leaf has a subtle yet distinctive flavour and a soft creamy texture.

**Leafy salad. A colourful combination of salad leaves with tatsoi.**

### Storage

- Keep refrigerated.
- Consume within 24 hours of opening and by the 'use by' date shown.
- Use by: see front of pack.

### Ingredients

Salad Leaves (86%) (Escarole, Endive, Radicchio), Tatsoi (14%).  
Packaged in a protective atmosphere.

### Nutrition

Typical Composition	100g (3 1/2oz) provide
Energy	61kJ/14kcal
Protein	1.2g
Carbohydrate	1.5g
of which sugars	1.2g
Fat	0.4g
of which saturates	0.1g
Fibre	1.9g
Sodium	trace

### Recipe suggestion

Serves 3-4

Warm lamb and basil salad.

#### Ingredients:

1 yellow pepper, cored and seeded; 1 x 15mlsp (1 tbsp) vegetable oil; 450g (1lb) lamb fillet; 200g (7 oz) plum compote; 1 garlic clove, crushed; 2 x 15mlsp (2 tbsp) clear honey; 2cm piece fresh root ginger, peeled and finely chopped; 2 x 15mlsp (2 tbsp) basil, freshly chopped; 1 x 115g pack of Leafy Salad.

#### Method:

1. Pre-heat oven to 200°C/400°F/Gas Mark 6. Brush the pepper with oil and roast for 15 minutes, cool and slice thinly.
2. Heat a griddle pan. Seal the lamb in the pan for 3 minutes and roast in the oven for 15-20 minutes.
3. In a pan, heat the plum compote with the garlic, honey, ginger and half the basil to make the dressing. Slice the lamb and place on the salad with the yellow pepper and remaining basil. Drizzle with dressing and serve.

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### Packaging information

- Bag: plastic, recyclable where facilities exist.

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