

Spiced Moroccan salad : farm-fresh British Romaine lettuce : £1.43 per serve : two of your five a day ... / Tesco.

Contributors

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Publication/Creation

[Place of publication not identified] : Tesco, 2010.

Persistent URL

<https://wellcomecollection.org/works/gn9fg7pq>

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Farm-fresh British Romaine lettuce
Spiced Moroccan salad



£1.43 per serve • Two of your five a day • Ready in 20 mins

TESCO
Every little helps



- 1 rounded tbsp harissa paste
- 5 tbsp olive oil, plus 1 tsp for frying
- 1 tbsp lime juice
- 2 tbsp coriander, finely chopped, plus a handful of whole leaves
- 8 mint leaves, finely chopped
- black pepper
- 100g (3½oz) whole blanched almonds
- 2 Romaine lettuce hearts
- 1 bunch spring onions, trimmed, halved widthways and sliced into thin shreds
- 100g (3½oz) Kalamata olives

Order these ingredients with a ready-made 'click to buy' list at

www.tesco.com/food

Serves 4 To prepare 15 mins To cook 5-8 mins
Cost per serve £1.43

1 Using a small wire whisk, mix together the harissa, the 5 tablespoons of olive oil and the lime juice in a small bowl. Stir in the chopped coriander, mint and a grinding of pepper. Taste and adjust to the way you like it, adding a little more lime or harissa if needed.

2 Heat the remaining teaspoon of oil in a heavy-based pan, add the almonds and fry until golden, shaking the pan occasionally so that they are evenly coloured. Tip onto kitchen paper to drain, then season and set aside.

3 Wash the Romaine then, working from the base, cut the leaves into chunky slices, stopping about a third from the top to leave the tips of the leaves intact. Tip the lettuce into a bowl and scatter over the almonds, spring onions, olives and remaining coriander leaves. Give the dressing a quick whisk then drizzle over the salad. Perfect served with Cheese & Tomato Flatbread.

Each serving contains



of your guideline daily amount

Perfect partners



British Romaine Lettuce Hearts
All our British lettuce goes from farm to store in 48 hours.*



Cheese & Tomato Flatbread
Hand-shaped oval flatbreads topped with mozzarella and Cheddar.



Finest Tingleup Riesling
A delicious Australian Riesling, packed with refreshingly zingy citrus and lime notes.

For great recipe ideas and inspiration visit www.tesco.com/food

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July 2010 - QRC-20-292-5

drinkaware.co.uk for the facts