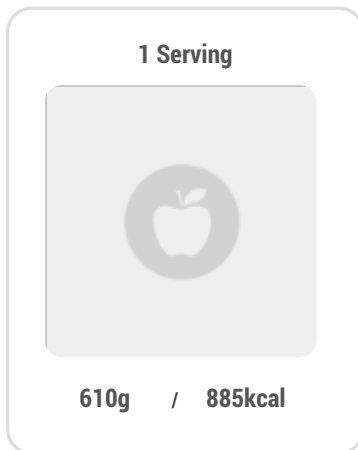


Recipe Ingredients ...	Quantity:	Description:
Salmon, farmed, flesh only, steamed	150g	1.5x average darme
Broccoli, green, boiled in unsalted water	60g	1x Small portion
Mixed Salad Leaves	30g	1.3x Average serving
Beetroot, pickled, drained	30g	2.3x slice
Tesco Traditional Pickled Onions 440G	20g	0x Pack
Yogurt, whole milk, plain	35g	3.2x teaspoon
Turmeric, ground	5g	2.3x teaspoon
Ginger, pickled	5g	0.5x average portion
Guacamole, homemade	40g	1.1x tablespoon
Mixed seeds	5g	0.1x Serving
Cranberries, dried	10g	0.3x 1/3 cup
Hellmanns, Light Mayonnaise	7g	1x teaspoon
Funktional Foods Hemp Protein Powder 100g	3g	0x Per pack
Red rice, boiled in unsalted water	210g	2.6x Small portion

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Red rice (34.4%), Salmon (24.6%) (**Fish**), Broccoli (9.8%), Guacamole (6.6%) (**Milk**), Yogurt (5.7%) (**Milk**), Beetroot (4.9%) (**Sulphites**), Mixed Salad Leaves (4.9%), Tesco Traditional Pickled Onions 440G (3.3%) [Onion, Water, Spirit Vinegar, Salt, Malted **Barley** Extract, Flavouring, Preservative (Sodium **Metabisulphite**)], Dried cranberries (1.6%), Light mayonnaise (1.1%) (**Mustard, Eggs, Milk**), Mixed seeds (0.82%) (**Sesame**), Ginger pickled (0.82%) (**Sulphites**), Turmeric (0.82%), Funktional Foods Hemp Protein Powder 100g (0.49%) [100% Hemp Protein Powder]