

For more information contact your FerryFast Account Manager
Tel: 01386 552131 (Option 1) Email: salesoffice@ferryfast.co.uk



Florette Crispy Salad 500g x 6

- Frisee, Lambs Lettuce, Radicchio
- Shelf Life = Depot life + 5
- A blend a crisp succulent leaves wide range of uses. Extremely versatile salad



Florette Mixed Salad 500g x 6

- Iceberg Frisée, Radicchio
- Shelf Life = Depot life + 5
- Frisée, Iceberg & Radicchio. A blend of mild & crisp leaves. A versatile salad for everyday use



Florette Leafy Rocket 450g x 4

- Escarole, Wild Rocket, Baby Spinach, Baby leaf Ruby Chard, Baby Leaf Red Chard
- Shelf Life = Depot life + 4
- An attractive mix of leaves with peppery rocket
- Suited to use as a base for a main dish such as Leafy Rocket Super Food Salad with Seared Tuna



Florette Baby Leaf 250g x 4

- Lambs Lettuce, baby Red Romaine, Wild Rocket Baby leaf Ruby Chard, baby leaf Spinach
- Shelf Life = Depot life + 4
- A colourful versatile salad. Suited to use as a premium side salad or base to a main dish



Florette Wild Rocket 200g x 4

- 100% Wild Rocket
- Shelf Life = Depot life + 5
- An attractive, peppery leaf, wild rocket is the ideal garnish for dishes and rocket salad



Florette Spinach 350g x 4

- 100% young leaf spinach
- Shelf Life = Depot life + 4
- Young spinach leaves are tender, succulent and sweet and are delicious raw or cooked thanks to a subtle nutty flavour.



Florette Bistro Salad 500g x 6

- Beetroot, Frisée and Lambs Lettuce
- Shelf Life = Depot life + 4
- A mix of tender leaves and sweet beetroot. Ideal as a base for a main dish such as Bistro Salad with Feta & Pomegranate.

Try Our Recipe Ideas

Leafy Rocket Super Food Salad with Seared Tuna

Ingredients

1 bag Florette Leafy Rocket salad
150g (5oz) broccoli florets
150g (5oz) fine green beans
Handful of baby spinach
1 carrot, pared into strips (use a potato peeler)
410g can mixed beans, rinsed and drained
50g (2oz) Brazil nuts, chopped
25g (1oz) sunflower seeds
2 x 175g (6oz) fresh tuna steaks
2 tbsp olive oil
Freshly ground black pepper
1 red chilli, deseeded and finely sliced
1 garlic clove, crushed
4 tbsp olive oil
3 tbsp lemon juice



Make the dressing by mixing together the chilli, garlic, olive oil and lemon juice. Cook the broccoli and green beans in a little boiling water for 4-5 minutes, until just tender. Drain and rinse with cold water. In a mixing bowl, combine the Florette Leafy Rocket Salad, spinach, carrot, canned beans, broccoli, green beans, Brazil nuts and sunflower seeds. Share between 4 bowls or plates. Preheat a char-grill pan or grill. Brush the tuna steaks with olive oil, cook for 3-4 minutes on each side. Let them cool for a few moments, then break them into large chunks and arrange on top of the salads. Serve at once, with the dressing spooned over.

Florette Bistro Salad with Feta & Pomegranate

Ingredients

1 bag Florette Bistro Salad
300g Feta
1 lemon
2 garlic cloves
120g flaked almonds
2 tbsp olive oil
1 tbsp sesame oil
100g pomegranate seeds



Marinate the feta cheese in the lemon juice and garlic for a minimum an hour. Meanwhile lightly toast the almonds in a frying pan until golden brown. Put to one side and allow to cool. Empty the salad into a bowl and add the olive oil, sesame oil and seasoning and toss well to coat the leaves. Distribute the salad between two plates. Crumble over the feta cheese, add the pomegranate and scatter over the almonds.