



UcOok

Mediterranean Lunch Bowl

with a lemon vinaigrette

Hands-on Time: !"#\$%&'

Overall Time: !"#\$%&'

Lunch: (&)*&' + ,

Chef: -. /& (\$! !&)'

Nutritional Info	0&)	1	0&) 02)!"2#
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Allergens: (\$,FB"%&'G H;\$!&#G I B&.%G >2AJ' K";8

Spice Level: L 2#&

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
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From Your Kitchen

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