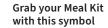
# Apple, Parmesan & Rocket Salad with Almonds & Balsamic Dressing













Roasted Almonds





Spinach & Rocket

**Grated Parmesan** Cheese



Balsamic Glaze



Hands-on: 5 mins Ready in: 10 mins **Pantry items** Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## Ingredients

|                        | 2 People          |
|------------------------|-------------------|
| olive oil*             | refer to method   |
| cucumber               | 1                 |
| apple                  | 1                 |
| roasted almonds        | 1 packet          |
| parsley                | 1 bag             |
| spinach & rocket mix   | 1 bag<br>(60g)    |
| grated Parmesan cheese | 1 packet<br>(30g) |
| balsamic glaze         | drizzle           |
|                        |                   |

<sup>\*</sup>Pantry Items

## **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 1054kJ (251Cal) | 508kJ (121Cal) |
| Protein (g)      | 10.2g           | 4.9g           |
| Fat, total (g)   | 16.3g           | 7.9g           |
| - saturated (g)  | 3.9g            | 1.9g           |
| Carbohydrate (g) | 14.2g           | 6.8g           |
| - sugars (g)     | 12.5g           | 6g             |
| Sodium (mg)      | 136mg           | 66mg           |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Thinly slice the **cucumber** into half-moons. Thinly slice the **apple**.



Chop the garnishes

Roughly chop the **roasted almonds** and **parsley**.



#### Assemble the salad

In a medium bowl, add the **spinach & rocket mix**, **grated Parmesan cheese**, **apple**, **cucumber**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Toss to combine.



## Serve up

Divide the apple, Parmesan and rocket salad between plates. Drizzle some **balsamic glaze**. Sprinkle with the almonds and parsley to serve.

#### Enjoy!