



# Apple, Parmesan & Rocket Salad

with Almonds & Balsamic Dressing

Grab your Meal Kit with this symbol



Cucumber



Apple



Roasted Almonds



Parsley




Spinach & Rocket Mix



Grated Parmesan Cheese



Balsamic Glaze

 Hands-on: 5 mins  
Ready in: 10 mins

The classic pairing of rocket and Parmesan gets an upgrade with the addition of roasted almonds, apple and parsley. Finish it off with a drizzle of syrupy balsamic glaze.

## 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 (60g)
grated Parmesan cheese	1 packet (30g)
balsamic glaze	drizzle

\*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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

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

2



## Chop the garnishes

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

3



## 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.

4



## Serve up

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

Enjoy!