



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, cucumber, 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 (252Cal)	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.



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, combine the **spinach & rocket mix**, **grated Parmesan cheese**, **cucumber**, **apple**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**.



Serve up

Transfer the apple, Parmesan and rocket salad to a serving dish. Drizzle with some **balsamic glaze**. Sprinkle with the almonds and parsley to serve.

Enjoy!