



Apple & Parmesan Green Salad

with Almonds & Balsamic Glaze

Grab your Meal Kit with this symbol



Cucumber



Apple



Roasted Almonds



Herbs



Mixed Leaves



Grated Parmesan Cheese



Balsamic Glaze

Hands-on: 10 mins
Ready in: 10 mins

The classic pairing of apple and Parmesan gets an upgrade with the addition of roasted almonds, cucumber and herbs. 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
herbs	1 bag
mixed leaves	1 medium bag
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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

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

2



Chop the garnishes

Roughly chop **roasted almonds** and **herbs**.

3



Assemble the salad

In a medium bowl, combine **mixed leaves**, **grated Parmesan cheese**, **cucumber**, **apple**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**.

4



Serve up

Transfer apple and Parmesan green salad to a serving dish. Drizzle with some **balsamic glaze**. Sprinkle with almonds and herbs to serve.

Enjoy!