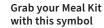


Pear, Rocket & Avocado Salad

with Candied Walnuts











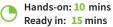






Rocket Mix





Pantry items Olive Oil, Brown Sugar

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.

You will need

Medium frying pan

Ingredients

| | 2 People |
|----------------------|-----------------|
| olive oil* | refer to method |
| walnuts | 1 packet |
| brown sugar* | 1 tbs |
| water* | 2 tsp |
| pear | 1 |
| avocado | 1 |
| mint | 1 bunch |
| lemon | 1 |
| spinach & rocket mix | 1 bag (60g) |

^{*}Pantry Items

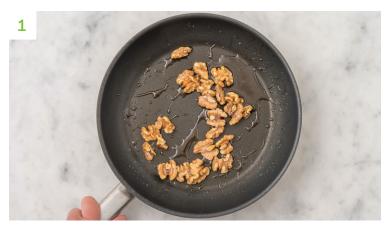
Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 1872kJ (447Cal) | 663kJ (158Cal) |
| Protein (g) | 5.6g | 2g |
| Fat, total (g) | 38.3g | 13.6g |
| - saturated (g) | 7.2g | 2.5g |
| Carbohydrate (g) | 15.7g | 5.6g |
| - sugars (g) | 13.6g | 4.8g |
| Sodium (mg) | 17mg | 6mg |

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.



Make the candied walnuts

Heat a medium frying pan over a medium-high heat. Add the **walnuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the pan to a medium heat, then add the **brown sugar** and the **water**. Season with **salt** and cook until melted and bubbling, **1 minute**. Return the **walnuts** to the pan and cook, stirring, until the caramel has thickened, **2-3 minutes**. Spread out on a sheet of baking paper and leave to cool.

TIP: Cooking the caramel fully will ensure the coating is crunchy and not chewy.



Get prepped

While the walnuts are cooling, thinly slice the **pear**. Scoop the flesh out of the **avocado** and thinly slice. Pick and thinly slice the **mint** leaves. Roughly chop the candied **walnuts**. Juice 1/2 the **lemon**, then slice the remaining **lemon** into wedges.



Make the salad

In a medium bowl, combine the **lemon juice**, and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add the **spinach & rocket mix**, **pear** and **avocado**. Toss to combine.



Serve up

Transfer the pear, rocket and avocado salad to a serving plate. Sprinkle over the mint and candied walnuts. Serve with any remaining lemon wedges.

Enjoy!