



Pear, Rocket & Avocado Salad

with Candied Walnuts

Grab your Meal Kit with this symbol



Walnuts



Pear



Avocado




Mint



Lemon



Spinach & Rocket Mix

 Hands-on: 10 mins
Ready in: 15 mins

This classic combo of pear, rocket and walnuts is so good you won't want to share this dish! But the secret to this version is the candied walnuts - a layer of caramel makes this nutty addition delightfully sweet and so addictive.

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](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.



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.



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.



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.



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!