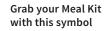




Pear & Parmesan Green Salad

with Parsley & Pine Nuts

















Pine Nuts

Parmesan Cheese



Balsamic Vinaigrette



Dressing

Prep in: 10 mins Ready in: 10 mins

The classic pairing of pear and Parmesan gets an upgrade with the addition of pine nuts and parsley. Finish it off with a drizzle of balsamic dressing.

Pantry items Olive Oil

56 SF Pear & Parmesan Green Salad with Parsley & Pine Nuts.indd $\;\,1$ 20/9/2023 2:12:10 pm



Before you start Wash your hands and any fresh food.

Ingredients

	2 People
olive oil*	refer to method
cucumber	1
pear	1
parsley	1 bag
spinach & rocket mix	1 medium bag
Parmesan cheese	1 medium packet
pine nuts	1 medium packet
balsamic vinaigrette dressing	drizzle

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	893kJ (213Cal)	519kJ (124Cal)
Protein (g)	6.5g	3.8g
Fat, total (g)	17.6g	10.2g
- saturated (g)	4g	2.3g
Carbohydrate (g)	6.5g	3.8g
- sugars (g)	5.8g	3.4g
Sodium (mg)	293mg	170mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Thinly slice **cucumber** into half-moons. Thinly slice **pear**.
- Roughly chop parsley.



Start the salad

• In a medium bowl, combine a drizzle of olive oil with a pinch of salt



Toss the salad

• Add spinach & rocket mix, cucumber, pear, Parmesan cheese and parsley to the bowl. Toss to combine.



Serve up

• Transfer pear and Parmesan green salad to a serving dish. Sprinkle with pine nuts and drizzle with some balsamic vinaigrette dressing. Enjoy!



Scan here if you have any questions or concerns



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