



Pear & Parmesan Green Salad

with Parsley & Pine Nuts

Grab your Meal Kit with this symbol



Cucumber



Pear



Parsley



Spinach & Rocket Mix



Parmesan Cheese



Pine Nuts



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

SF





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** and **pepper**.



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!

We're here to help!

Scan here if you have any questions or concerns



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