



Cherry Tomato & Parmesan Green Salad

with Balsamic Dressing & Hazelnuts

Grab your Meal Kit with this symbol



Hazelnuts



Snacking Tomatoes



Spinach & Rocket Mix



Balsamic Vinaigrette Dressing



Parmesan Cheese

Prep in: **10 mins**
Ready in: **10 mins**

They say the simple things are often the best, which is why this side salad is one of the best, easiest salads you'll ever make! Our balsamic dressing turns the flavour factor up, while hazelnuts add a superb crunch to every bite.

Pantry items

Olive Oil

SCX



Before you start

Wash your hands and any fresh food.

You will need

Large frying pan

Ingredients

	2 People
hazelnuts	1 medium packet
snacking tomatoes	1 punnet
spinach & rocket mix	1 small bag
balsamic vinaigrette dressing	drizzle
Parmesan cheese	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	815kJ (195Cal)	566kJ (135Cal)
Protein (g)	7g	4.9g
Fat, total (g)	16.4g	11.4g
- saturated (g)	3.7g	2.6g
Carbohydrate (g)	4.3g	3g
- sugars (g)	1.9g	1.3g
Sodium (mg)	286mg	199mg

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.



Chop the nuts

- Roughly chop **hazelnuts**.



Prep the tomatoes

- Halve **snacking tomatoes**.



Toss the salad

- In a medium bowl, combine **spinach & rocket mix, tomatoes, balsamic vinaigrette dressing**, half the **Parmesan cheese** and a pinch of **salt** and **pepper**.

TIP: Combine the salad in a serving dish to save on washing up!



Serve up

- Transfer salad to a serving dish. Top with hazelnuts and remaining Parmesan to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

