



Pear & Parmesan Green Salad

with Parsley & Pine Nuts

Grab your Meal Kit with this symbol



Cucumber



Pear



Parsley



Baby Spinach Leaves



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





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
baby spinach leaves	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**.



Toss the salad

- Add **baby spinach leaves, cucumber, pear, Parmesan cheese** and **parsley** to the bowl. Toss to combine.



Start the salad

- In a medium bowl, combine a drizzle of **olive oil** with a pinch of **salt** and **pepper**.



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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