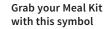




Apple & Parmesan Green Salad with Almonds & Balsamic Dressing











Roasted Almonds



Leaves

Parmesan Cheese





Balsamic Vinaigrette Dressing



The classic pairing of apple and Parmesan gets an upgrade with the addition of almonds, cucumber and parsley. Finish it off with a drizzle of balsamic dressing.

Pantry items Olive Oil

SGC/SHJ/SHK



Before you start Wash your hands and any fresh food.

Ingredients

	2 People
olive oil*	refer to method
cucumber	1
apple	1
roasted almonds	1 medium packet
parsley	1 bag
baby spinach leaves	1 medium bag
Parmesan cheese	1 medium packet
balsamic vinaigrette dressing	drizzle

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1129kJ (270Cal)	549kJ (131Cal)
Protein (g)	8.8g	4.3g
Fat, total (g)	21.2g	10.3g
- saturated (g)	4.3g	2.1g
Carbohydrate (g)	10.9g	5.3g
- sugars (g)	9.4g	4.6g
Sodium (mg)	294mg	143mg

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 apple into wedges.



Prep the garnishes

• Roughly chop roasted almonds and parsley leaves.



Toss the salad

• In a medium bowl, combine baby spinach leaves, Parmesan cheese, cucumber, apple, a pinch of salt and pepper and a drizzle of olive oil.



Serve up

- Transfer apple and Parmesan green salad to a serving dish.
- Drizzle with some balsamic vinaigrette dressing.
- Sprinkle with almonds and parsley to serve. Enjoy!



Scan here if you have any questions or concerns



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