



# Apple & Parmesan Green Salad

with Almonds & Balsamic Dressing

Grab your Meal Kit with this symbol



Cucumber



Apple



Roasted Almonds



Parsley



Baby Spinach Leaves



Parmesan Cheese



Balsamic Vinaigrette Dressing

Prep in: **5 mins**  
Ready in: **10 mins**

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

## Before you start

Wash your hands and any fresh food.

## Ingredients

	2 People
<b>olive oil*</b>	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](https://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!

## We're here to help!

Scan here if you have any questions or concerns



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