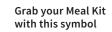


Pear & Parmesan Green Salad

with Parsley & Pine Nuts











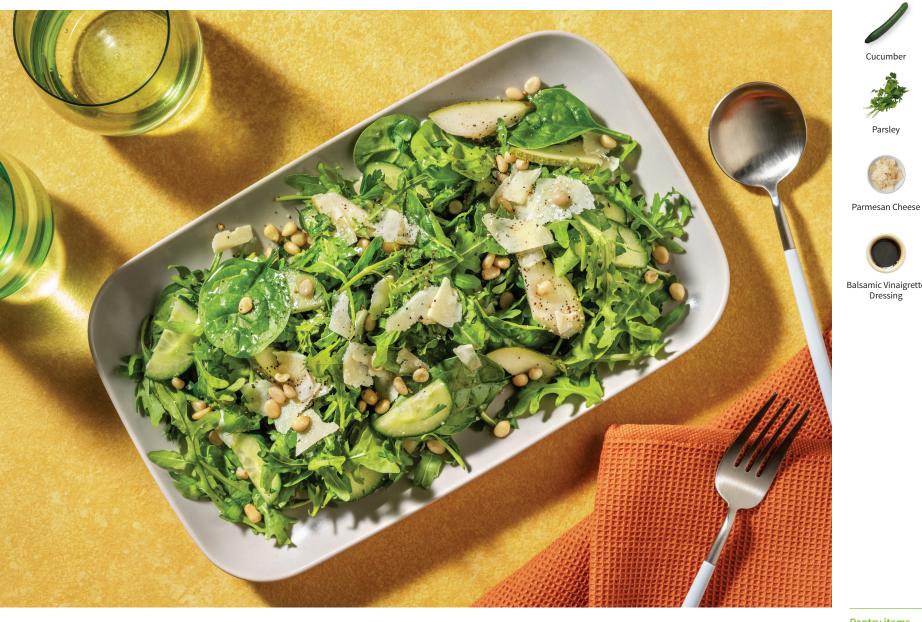
Parsley





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.



Start the salad

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



Toss the salad

 Add baby spinach leaves, 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!

