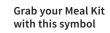


# Pear & Parmesan Green Salad

with Pine Nuts











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 tasty pine nuts. 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
baby spinach leaves	1 medium packet
Parmesan cheese	1 medium packet
pine nuts	1 medium packet
balsamic vinaigrette dressing	drizzle

<sup>\*</sup>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**.



### 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 and Parmesan cheese 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!

