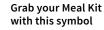


Apple & Carrot Slaw

with Walnuts & Sweet Mustard Dressing











Dijon Mustard





Pantry items

Olive Oil, White Wine Vinegar, Honey



Not suitable for Coeliacs

This colourful slaw is super-charged in every way. Adding apple to our ready-to-go slaw mix gives a hint of sweetness, while the sweet mustard dressing adds flavour and softens everything up. Toasted walnuts make the perfect crunchy finish.

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
apple	1
mint	1 bunch
walnuts	1 packet
Dijon mustard	½ tub (7.5g)
white wine vinegar*	2 tsp
honey*	1 tsp
slaw mix	1 bag (150g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	771kJ (184Cal)	494kJ (118Cal)
Protein (g)	3.1g	2g
Fat, total (g)	13.3g	8.5g
- saturated (g)	1.2g	0.8g
Carbohydrate (g)	11.2g	7.2g
- sugars (g)	10.7g	6.9g
Sodium (mg)	86mg	55mg

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 the **apple**. Pick and finely chop the **mint** leaves. Roughly chop the **walnuts**.



Toast the walnuts

Heat a large frying pan over a medium-high heat. Add the **walnuts** and toast until golden, **3-4 minutes**.



Assemble the salad

In a large bowl, combine the **Dijon mustard** (see ingredients list), **white wine vinegar** and **honey**. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Add the **apple**, **mint**, **slaw mix** and toss to combine.



Serve up

Transfer the apple and carrot slaw to a serving dish. Top with the toasted walnuts.

Enjoy!