

# Apple & Carrot Slaw

with Walnuts & Sweet Mustard Dressing

Grab your Meal Kit  
with this symbol



Apple



Mint



Walnuts



Dijon Mustard



Slaw Mix



Hands-on: **10 mins**



Ready in: **10 mins**



**Naturally gluten-free**

*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.

## Pantry items

Olive Oil, White Wine Vinegar, Honey



## 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

|                     |                 |
|---------------------|-----------------|
|                     | <b>2 People</b> |
| olive oil*          | refer to method |
| apple               | 1               |
| mint                | 1 bunch         |
| walnuts             | 1 packet        |
| Dijon mustard       | ½ tub<br>(7.5g) |
| white wine vinegar* | 2 tsp           |
| honey*              | 1 tsp           |
| slaw mix            | 1 bag<br>(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](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 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!