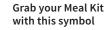


# Apple & Carrot Slaw with Walnuts & Honey Mustard Dressing









Apple





Walnuts

Dijon Mustard



Slaw Mix



Prep in: 10 mins Ready in: 10 mins



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 honey mustard dressing adds flavour and softens everything up. 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.

## Ingredients

	2 People
olive oil*	refer to method
apple	1
mint	1 bag
walnuts	1 medium packet
Dijon mustard	½ packet
white wine vinegar*	2 tsp
honey*	1 tsp
slaw mix	1 small bag

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	584kJ (140Cal)	386kJ (92Cal)
Protein (g)	3.1g	2.1g
Fat, total (g)	8.3g	5.5g
- saturated (g)	0.5g	0.3g
Carbohydrate (g)	11.5g	7.6g
- sugars (g)	10.7g	7.1g
Sodium (mg)	86mg	57mg

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



# Make the dressing

- In a large bowl, combine **Dijon mustard** (see ingredients), the **white wine vinegar**, the **honey** and a generous drizzle of **olive oil**.
- Season with salt and pepper.



## Toss the salad

• Add apple, mint and slaw mix to the dressing and toss to coat.



## Serve up

- Transfer apple and carrot slaw to a serving dish.
- Serve topped with walnuts. Enjoy!



Scan here if you have any questions or concerns