

Apple & Carrot Slaw

with Walnuts & Honey Mustard Dressing

Grab your Meal Kit
with this symbol



Apple



Mint



Walnuts




Dijon Mustard



Slaw Mix



Prep in: **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 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

*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!

We're here to help!

Scan here if you have any questions or concerns



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