



Italian Tomato Green Salad

with Parmesan & Pine Nuts

Grab your Meal Kit with this symbol



Pine Nuts



Tomato



Red Onion



Basil



Mixed Salad Leaves



Shaved Parmesan Cheese



Balsamic Glaze



Hands-on: 5 mins



Ready in: 6 mins

Naturally gluten-free

Not suitable for Coeliacs

This salad is proof that it's hard to beat simple and classic. The combination of fragrant basil, juicy tomato, sweet balsamic glaze and crunchy pine nuts come together in the most delightful way.

Pantry items

Olive Oil

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

Small frying pan

Ingredients

	2 People
olive oil*	refer to method
pine nuts	1 packet
tomato	3
red onion (optional)	1
basil	1 punnet
mixed salad leaves	1 bag (60g)
shaved Parmesan cheese	1 packet (30g)
balsamic glaze	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	985kJ (235Cal)	314kJ (75Cal)
Protein (g)	8.2g	2.6g
Fat, total (g)	13.7g	4.4g
- saturated (g)	3.8g	1.2g
Carbohydrate (g)	17.4g	5.5g
- sugars (g)	15.8g	5g
Sodium (mg)	171mg	54mg

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.

1



Toast the pine nuts

Heat a small frying pan over medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Set aside.

2



Get prepped

Thinly slice the **tomato** into rounds. Thinly slice the **red onion** (if using). Roughly chop the **basil**.

TIP: If you don't like raw red onion, just leave it out!

3



Toss the salad

In a medium bowl, combine the **mixed salad leaves**, **tomato**, **red onion** and **shaved Parmesan cheese**. Drizzle with **olive oil** and season with **salt** and **pepper** and toss.

TIP: Combine the salad in a serving dish to save on washing up!

4



Serve up

Transfer the Italian tomato green salad to a serving bowl. Drizzle with some **balsamic glaze** and sprinkle with the pine nuts. Garnish with basil to serve.

Enjoy!