



Italian Tomato Green Salad

with Parmesan & Pine Nuts

Grab your Meal Kit with this symbol



Tomato



Red Onion



Parsley



Mixed Salad Leaves



Pine Nuts




Grated Parmesan Cheese



Balsamic Glaze

Prep in: **5 mins**
Ready in: **5 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 parsley, 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
tomato	3
red onion	½
parsley	1 bag
mixed salad leaves	1 medium bag
pine nuts	1 medium packet
grated Parmesan cheese	1 packet (30g)
balsamic glaze	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	975kJ (233Cal)	311kJ (74Cal)
Protein (g)	8.5g	2.7g
Fat, total (g)	13.7g	4.4g
- saturated (g)	3.8g	1.2g
Carbohydrate (g)	17.3g	5.5g
- sugars (g)	15.8g	5g
Sodium (mg)	176mg	56mg

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



Get prepped

- Thinly slice **tomato** into rounds.
- Thinly slice **red onion** (if using).

TIP: Omit the onion if you don't like it raw!

2



Prep the garnish

- Roughly chop **parsley** leaves.

3



• Make the salad

- In a medium bowl, combine **mixed salad leaves**, **tomato**, **onion** and **grated Parmesan cheese**.
- Add a drizzle of **olive oil** to salad. Season with **salt** and **pepper**. Toss to combine.

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

4



Serve up

- Transfer Italian tomato green salad to a serving bowl.
- Drizzle with **balsamic glaze**. Sprinkle with **pine nuts**.
- Garnish with parsley to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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