



# Pear, Rocket & Avocado Salad

with Candied Walnuts

Grab your Meal Kit with this symbol



Walnuts



Pear



Avocado



Mint



Lemon



Spinach & Rocket Mix

- Hands-on: **10 mins**
- Ready in: **15 mins**
- Naturally gluten-free
- Not suitable for Coeliacs

This classic combo of pear, rocket and walnuts is so good you won't want to share this dish! But the secret to this version is the candied walnuts - a layer of caramel makes this nutty addition delightfully sweet and so addictive.

### Pantry items

Olive Oil, Brown Sugar

## 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

Medium frying pan

### Ingredients

	2 People
olive oil*	refer to method
walnuts	1 packet
brown sugar*	1 tbs
water*	2 tsp
pear	1
avocado	1
mint	1 bunch
lemon	1
spinach & rocket mix	1 bag (60g)

\*Pantry Items

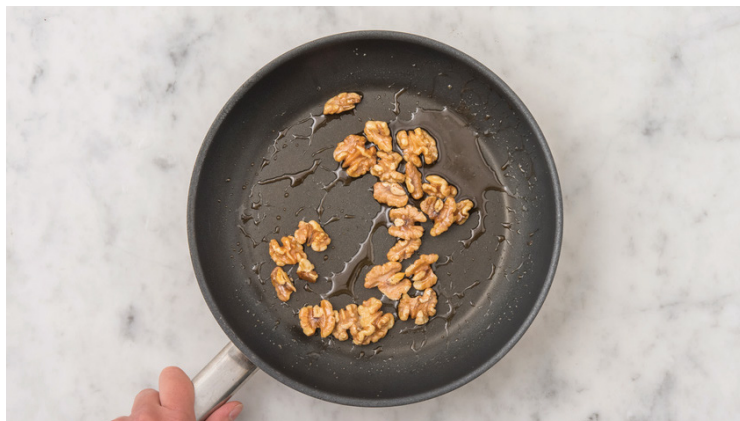
### Nutrition

	Per Serving	Per 100g
Energy (kJ)	1538kJ (367Cal)	544kJ (130Cal)
Protein (g)	4.9g	1.7g
Fat, total (g)	29g	10.3g
- saturated (g)	3.5g	1.2g
Carbohydrate (g)	15.2g	5.4g
- sugars (g)	13.6g	4.8g
Sodium (g)	19mg	7mg

### 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.



### 1. Make the candied walnuts

Heat a medium frying pan over a medium-high heat. Add the **walnuts** and toast, stirring, until golden, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium heat and add the **brown sugar**, the **water** and a **pinch** of **salt**. Cook until melted and bubbling. Return the **walnuts** to the pan and cook, stirring, until the caramel has thickened, **2-3 minutes**. Spread out on a sheet of baking paper and leave to cool.

**TIP:** *Cooking the caramel fully will ensure the coating is crunchy and not chewy.*



### 3. Toss the salad

In a medium bowl, combine the **lemon juice**, a **pinch** of **salt** and **pepper** and a **drizzle** of **olive oil**. Add the **spinach & rocket mix**, **pear** and **avocado**. Toss to combine.



### 2. Get prepped

While the walnuts are cooling, thinly slice the **pear** and **avocado**. Pick and finely slice the **mint**. Roughly chop the candied **walnuts**. Juice **1/2** the **lemon** and cut the remaining into wedges.



### 4. Serve up

Transfer the pear, rocket and avocado salad to a serving dish. Sprinkle over the mint and candied walnuts. Serve with the lemon wedges.

**Enjoy!**