



Leafy Avocado & Pear Salad

with Candied Walnuts

Grab your Meal Kit with this symbol



Walnuts



Pear



Avocado



Parsley



Lemon



Salad Leaves

Prep in: **10 mins**
Ready in: **15 mins**

This classic combo of pear, salad leaves 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 medium packet
brown sugar*	1 tbs
water*	2 tsp
pear	1
avocado	1
parsley	1 bag
lemon	1
salad leaves	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1449kJ (346Cal)	513kJ (123Cal)
Protein (g)	5g	1.8g
Fat, total (g)	29g	10.3g
- saturated (g)	3.5g	1.2g
Carbohydrate (g)	13.7g	4.8g
- sugars (g)	12.9g	4.6g
Sodium (mg)	23mg	8mg

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.



Make the candied walnuts

- Heat a medium frying pan over medium-high heat.
- Cook **walnuts**, the **brown sugar**, the **water** and a pinch of **salt**, stirring, until bubbling and caramel is thickened and darkened, **4-5 minutes**.
- Transfer to a sheet of baking paper and spread out to cool.

TIP: *Cooling the caramel completely will ensure the coating is crunchy and not chewy.*



Assemble the salad

- In a medium bowl, combine a squeeze of **lemon juice**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Add **salad leaves**, **pear** and **avocado**. Toss to combine.



Get prepped

- While the walnuts are cooling, thinly slice **pear** and **avocado**.
- Roughly chop **parsley**. Cut **lemon** into wedges.



Serve up

- Roughly chop cooled candied walnuts. Transfer leafy avocado and pear salad to a serving dish.
- Sprinkle with parsley and candied walnuts. Serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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