



Apple, Pea Pods & Cucumber Salad

with Japanese Dressing & Peanuts

Grab your Meal Kit with this symbol



Pea Pods



Apple



Cucumber



Coriander



Crushed Peanuts



Japanese Dressing



Prep in: 10 mins
Ready in: 15 mins

We've seriously added the crunch factor to this side salad! With pea pods, cucumber and apples, there's nothing but delightful texture and flavour with each bite!

Pantry items

Soy Sauce, Rice Wine Vinegar

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
pea pods	1 medium bag
apple	1
cucumber	1
coriander	1 bag
Japanese dressing	1 packet
soy sauce*	1 tsp
rice wine vinegar*	1 tsp
crushed peanuts	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	779kJ (186Cal)	301kJ (72Cal)
Protein (g)	6.6g	2.5g
Fat, total (g)	10.6g	4.1g
- saturated (g)	1.2g	0.5g
Carbohydrate (g)	15.5g	6g
- sugars (g)	12.8g	4.9g
Sodium (mg)	311mg	120mg

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.



Prep the veggies

- Trim **pea pods**, then thinly slice lengthways.
- Slice **apple** into thin sticks. Thinly slice **cucumber** into half-moons.
- Roughly chop **coriander** leaves.



Toss the salad

- Add **pea pods**, **apple** and **cucumber** to the dressing and toss to combine.



Make the dressing

- In a large bowl, combine **Japanese dressing**, the **soy sauce** and the **rice wine vinegar**.



Serve up

- Transfer apple, pea pods and cucumber salad to a serving bowl.
- Sprinkle with **crushed peanuts** and coriander to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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