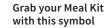


Apple, Pea Pods & Cucumber Salad with Japanese Dressing & Peanuts











Cucumber



Coriander



Crushed Peanuts



Japanese Dressing

Prep in: 10 mins Ready in: 15 mins

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.



Make the dressing

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



Toss the salad

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



Serve up

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

