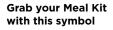


Mixed Pea, Mint & Almond Salad

with Mustard Cider Dressing









Snow Peas

Sugar Snap Peas





Mint

Slivered Almonds



and Cidan

Mustard Cider Dressing

Spinach & Rocket Mix



Pantry items

Olive Oil

Not suitable for Coeliacs

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 saucepan · Medium frying pan

Ingredients

9. • ••	
	2 People
olive oil*	refer to method
snow peas	1 bag (100g)
sugar snap peas	1 bag (100g)
mint	1 bunch
slivered almonds	1 packet (30g)
mustard cider dressing	1 tub (40g)
spinach & rocket mix	1 bag (60g)

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	805kJ (192Cal)	474kJ (113Cal)
Protein (g)	6.9g	4.1g
Fat, total (g)	14.3g	8.4g
- saturated (g)	1g	0.6g
Carbohydrate (g)	7g	4.1g
- sugars (g)	5.2g	3.1g
Sodium (mg)	222mg	131mg

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

Bring a medium saucepan of water to boil. Trim the **snow peas**. Trim the **sugar snap peas**. Pick and thinly slice the **mint** leaves.



2. Toast the almonds

Heat a frying pan over a medium-high heat. Add the **slivered almonds** and toast, stirring occasionally, until golden, **3-4 minutes**. Set aside.



3. Blanch the peas

Prepare a large bowl with iced water. Place the **snow peas** and **sugar snap peas** in the saucepan of boiling water. Boil until bright green and just tender, **2-3 minutes**. Immediately drain into a colander and place in the bowl of iced water for **2 minutes**.

TIP: The iced water stops the cooking process and so the veggies retain their bright colour.



4. Serve up

Combine the **mustard cider dressing**, **spinach & rocket mix**, snow peas and sugar snap peas in a large serving bowl. Season to taste. Top with the slivered almonds.