



Mixed Pea, Mint & Almond Salad

with Mustard Cider Dressing

Grab your Meal Kit with this symbol



Snow Peas



Sugar Snap Peas



Mint



Slivered Almonds



Mustard Cider Dressing



Spinach & Rocket Mix

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

Crisp, sweet and peppery, this simple salad is a revelation. With two types of peas - sugar snaps and snow peas - making an appearance, plus slivered almonds for crunch, it's a stellar mix of flavours and textures.

Pantry items

Olive Oil

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

	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.



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.*



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.



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.