



# Spinach, Rocket & Apple Salad

with Parmesan & Balsamic Dressing

Grab your Meal Kit with this symbol



Cucumber



Apple



Roasted Almonds



Parsley



Spinach & Rocket Mix



Shaved Parmesan Cheese



Balsamic Glaze



Hands-on: **5 mins**



Ready in: **10 mins**



Naturally gluten-free

*Not suitable for Coeliacs*

The classic pairing of rocket and Parmesan gets an upgrade with the addition of roasted almonds, apple and parsley. Finish it off with a drizzle of some syrupy balsamic glaze.

## 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.

## Ingredients

	2 People
olive oil*	refer to method
cucumber	1
apple	1
roasted almonds	1 packet
parsley	1 bag
spinach & rocket mix	1 bag (60g)
shaved Parmesan cheese	1 packet (30g)
balsamic glaze	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1047kJ (250Cal)	520kJ (124Cal)
Protein (g)	9.7g	4.8g
Fat, total (g)	17.4g	8.6g
- saturated (g)	4.1g	2g
Carbohydrate (g)	12.3g	6.1g
- sugars (g)	10.8g	5.4g
Sodium (mg)	172mg	85mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Thinly slice the **cucumber** into half-moons. Thinly slice the **apple**.



## Prep the garnishes

Roughly chop the **roasted almonds** and **parsley**.



## Assemble the salad

In a medium bowl, add the **spinach & rocket mix**, **shaved Parmesan cheese**, **cucumber**, **apple**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Toss to combine.



## Serve up

Transfer the spinach, rocket and apple salad to a serving dish. Sprinkle with the almonds and parsley and drizzle with some **balsamic glaze**.

Enjoy!