



Asian Snow Pea, Cucumber & Apple Salad

with Japanese Dressing & Peanuts

Grab your Meal Kit with this symbol



Apple



Snow Peas



Cucumber



Coriander



Japanese Dressing



Crushed Peanuts

 Hands-on: 5 mins
Ready in: 15 mins

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

Pantry items

Olive Oil, 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
olive oil*	refer to method
apple	1
snow peas	1 bag (200g)
cucumber	1
coriander	1 bag
Japanese dressing	1 tub (30g)
soy sauce*	1 tsp
rice wine vinegar*	1 tsp
crushed peanuts	1 packet (30g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	954kJ (228Cal)	366kJ (87Cal)
Protein (g)	7.9g	3g
Fat, total (g)	13.3g	5.1g
- saturated (g)	1.6g	0.6g
Carbohydrate (g)	16.1g	6.2g
- sugars (g)	12.5g	4.8g
Sodium (mg)	310mg	119mg

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.



Prep the veggies

Trim the **snow peas** and thinly slice lengthways. Slice the **apple** into thin batons. Thinly slice the **cucumber** into half-moons. Roughly chop the **coriander**.



Toss the salad

Add the **snow peas**, **apple** and **cucumber** to the dressing and toss.



Make the dressing

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



Serve up

Transfer the Asian snow pea, cucumber and apple salad to a serving bowl. Top with the **crushed peanuts** and coriander.

Enjoy!