



Cherry Tomato & Parmesan Green Salad

with Balsamic Dressing & Pecans

Grab your Meal Kit
with this symbol



Pecans



Cherry Tomatoes



Spinach &
Rocket Mix



Balsamic Vinaigrette
Dressing



Shaved Parmesan
Cheese

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

They say the simple things are often the best, which is why this side salad is one of the best, easiest salads you'll ever make! Our balsamic dressing turns the flavour factor up, while pecans add a superb crunch to every bite.

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
pecans	1 packet
cherry tomatoes	1 punnet
spinach & rocket mix	1 bag (30g)
balsamic vinaigrette dressing	1 tub
shaved Parmesan cheese	1 packet (30g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	824kJ (196Cal)	573kJ (136Cal)
Protein (g)	6.8g	4.7g
Fat, total (g)	16.6g	11.5g
- saturated (g)	3.7g	2.6g
Carbohydrate (g)	3.9g	2.7g
- sugars (g)	3.7g	2.6g
Sodium (mg)	305mg	212mg

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.



Get prepped

Roughly chop the **pecans**.



Halve the tomato

Halve the **cherry tomatoes**.



Toss the salad

In a medium bowl, combine the **spinach & rocket mix**, **tomatoes**, **balsamic vinaigrette dressing**, 1/2 the **shaved Parmesan cheese** and a pinch of **salt** and **pepper**.

TIP: Combine the salad in a serving dish to save on washing up!



Serve up

Transfer the salad to a serving dish. Top with the pecans and the remaining Parmesan cheese.

Enjoy!