



Italian Tomato Salad

with Parmesan, Basil & Pine Nuts

Grab your Meal Kit with this symbol



Pine Nuts



Tomato



Red Onion (Optional)



Basil



Mixed Salad Leaves



Grated Parmesan Cheese



Balsamic & Olive Oil Dressing

 Hands-on: 5 mins
Ready in: 10 mins

This salad is proof that it's hard to beat simple and classic. The combination of fragrant basil, juicy tomato, sweet balsamic glaze and crunchy pine nuts come together in the most delightful way.

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

Small frying pan

Ingredients

	2 People
olive oil*	refer to method
pine nuts	1 packet
tomato	3
red onion (optional)	1
basil	1 bunch
mixed salad leaves	1 bag (60g)
grated Parmesan cheese	1 packet (30g)
balsamic & olive oil dressing	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	858kJ (205Cal)	316kJ (75Cal)
Protein (g)	8.3g	3.1g
Fat, total (g)	15.6g	5.7g
- saturated (g)	3.9g	1.4g
Carbohydrate (g)	11.3g	4.2g
- sugars (g)	7.9g	2.9g
Sodium (mg)	213mg	78mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Toast the pine nuts

Heat a small frying pan over medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**.



Get prepped

While the pine nuts are toasting, thinly slice the **tomato** into rounds. Very thinly slice the **red onion** (if using). Thinly slice the **basil** leaves.



Toss the salad

In a medium bowl, combine a small drizzle of **olive oil** and season with **salt** and **pepper**. Add the **mixed salad leaves**, **tomato**, **onion** (if using) and **grated Parmesan cheese**. Toss to coat.



Serve up

Transfer the Italian tomato salad to a serving plate. Drizzle over the **balsamic & olive oil dressing** and sprinkle with the toasted pine nuts. Garnish with the basil.

Enjoy!