



Pear & Baby Broccoli Salad

with Parmesan, Herbs & Pine Nuts

Grab your Meal Kit with this symbol



Pine Nuts



Baby Broccoli



Pear



Herbs



Mixed Leaves



Grated Parmesan Cheese



Balsamic Glaze

Hands-on: 10 mins
Ready in: 15 mins

Everyone needs a go-to green salad in their repertoire, just like this one. The sweetness of pear, crunch of pine nuts, peppery kick of rocket and sharpness of Parmesan bring plenty of flavour and texture, but it's still super-easy to pull together.

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 frying pan

Ingredients

	2 People
olive oil*	refer to method
pine nuts	1 packet
baby broccoli	1 bag
pear	½
herbs	1 bag
mixed leaves	1 small bag
grated Parmesan cheese	1 packet (30g)
balsamic glaze	1 bottle (25ml)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	905kJ (216Cal)	520kJ (124Cal)
Protein (g)	9.4g	5.4g
Fat, total (g)	14g	8g
- saturated (g)	3.6g	2.1g
Carbohydrate (g)	12g	6.9g
- sugars (g)	10.2g	5.9g
Sodium (mg)	137mg	79mg

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.

1



Cook the baby broccoli

Heat a medium frying pan over medium-high heat. Toast **pine nuts**, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Trim the ends of **baby broccoli** and cut any thicker stalks in half lengthways. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** with a dash of **water**, tossing, until just tender, **4-5 minutes**.

3



Toss the salad

In a large bowl, add a drizzle of **olive oil** and season with **salt** and **pepper**. Add **mixed leaves**, **pear**, **baby broccoli**, **grated Parmesan cheese** and **herbs**. Toss to coat.

TIP: Make the dressing in a serving bowl to save on washing up!

2



Get prepped

While the baby broccoli is cooking, thinly slice **pear** (see ingredients). Pick and thinly slice **herbs**.

4



Serve up

Transfer pear and baby broccoli salad to a serving dish. Sprinkle with toasted pine nuts and drizzle with some **balsamic glaze**.

Enjoy!