



Pear & Broccoli Salad

with Parmesan, Mint & Pine Nuts

Grab your Meal Kit with this symbol



Pine Nuts



Broccoli



Pear



Mint



Spinach & Rocket Mix



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
broccolini	1 bunch
pear	½
mint	1 bunch
spinach & rocket mix	1 bag (30g)
grated Parmesan cheese	1 packet (30g)
balsamic glaze	drizzle

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	910kJ (217Cal)	523kJ (125Cal)
Protein (g)	9.2g	5.3g
Fat, total (g)	14.2g	8.2g
- saturated (g)	3.8g	2.2g
Carbohydrate (g)	12g	6.9g
- sugars (g)	10.2g	5.9g
Sodium (mg)	183mg	105mg

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.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 broccolini

Heat a medium frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Trim the ends of the **broccolini**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **broccolini** with a dash of **water** and cook, tossing, until just tender, **4-5 minutes**.

2



Get prepped

While the broccolini is cooking, thinly slice the **pear** (see ingredients). Pick and thinly slice the **mint** leaves.

3



Toss the salad

In a medium bowl, add a small drizzle of **olive oil** and season with **salt** and **pepper**. Stir to combine. Add the **spinach & rocket mix**, **pear**, **broccolini**, **grated Parmesan cheese** and **mint**. Toss to coat.

4



Serve up

Transfer the pear and broccolini salad to a serving dish. Sprinkle over the toasted pine nuts and drizzle with the **balsamic glaze**.

Enjoy!