



Pear & Pecan Green Salad

with Crumbly Cheese

Grab your Meal Kit with this symbol



Cucumber



Pear



Herbs



Pecans



Mustard Cider Dressing



Salad Leaves



Greek Salad Cheese/Feta Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **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 pecans and salty creaminess of feta 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

	5 People
olive oil*	refer to method
cucumber	1
pear	2
herbs	1 bag
pecans	1 packet
mustard cider dressing	1 packet (40g)
salad leaves	1 medium bag
Greek salad cheese/feta cheese	½ packet (95g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	562kJ (134Cal)	376kJ (90Cal)
Protein (g)	4.1g	2.8g
Fat, total (g)	8.4g	5.7g
- saturated (g)	3.0g	2.0g
Carbohydrate (g)	8.9g	6.0g
- sugars (g)	8.5g	5.7g
Sodium (mg)	216mg	144mg

The quantities provided above are averages only.

*Nutritional information is based on 5 serves

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



Get prepped

- Thinly slice **cucumber** into half-moons. Thinly slice **pear**. Pick **herb** leaves. Roughly chop **pecans**.
- Heat a medium frying pan over medium-high heat. Toast **pecans**, tossing occasionally, until fragrant, **2-3 minutes**. Set aside.

3



Bring it all together

- In a large serving bowl, combine **cucumber**, **pear**, **salad leaves** and 1/2 the **herbs**.

2



Make the dressing

- In a small bowl, combine **mustard cider dressing** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

4



Serve up

- Crumble over **cheese** (see ingredients) and pour dressing over salad. Gently toss to coat.
- Garnish with pecans and remaining herbs to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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