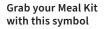


Snow Pea, Apple & Cucumber Salad with Japanese Dressing & Peanuts















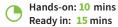
Cucumber



Japanese Dressing

Crushed Peanuts







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
snow peas	1 bag (200g)
apple	1
cucumber	1
coriander	1 bag
Japanese dressing	1 packet
soy sauce*	1 tsp
rice wine vinegar*	1 tsp
crushed peanuts	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	954kJ (228Cal)	364kJ (87Cal)
Protein (g)	7.9g	3g
Fat, total (g)	13.3g	5.1g
- saturated (g)	1.6g	0.6g
Carbohydrate (g)	16.1g	6.1g
- sugars (g)	12.5g	6.1g
Sodium (mg)	310mg	118mg

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.



Prep the veggies

Trim the ends of the **snow peas** and thinly slice lengthways. Slice the **apple** into thin sticks. Thinly slice the **cucumber** into half-moons. Roughly chop the **coriander**.



Make the dressing

In a large bowl, combine the **Japanese dressing**, **soy sauce** and **rice wine vinegar**.



Toss the salad

Add the **snow peas**, **apple** and **cucumber** to the bowl with the **dressing** and toss.



Serve up

Transfer the snow pea, apple and cucumber salad to a serving bowl. Sprinkle with the **crushed peanuts** and coriander.

Enjoy!