



Snow Pea, Apple & Cucumber Salad

with Japanese Dressing & Peanuts

Grab your Meal Kit
with this symbol



Snow Peas



Apple



Cucumber



Coriander






Japanese Dressing



Crushed Peanuts



 Hands-on: **10 mins**
 Ready in: **15 mins**
 **Naturally gluten-free**
Not suitable for Coeliacs

We've seriously added the crunch factor to this side salad! With snow peas, cucumber and apples, there's nothing but delightful texture and flavour with each bite!

Pantry items

Soy Sauce, Rice Wine Vinegar

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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**.

2



Make the dressing

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

3



Toss the salad

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

4



Serve up

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

Enjoy!