

# Zesty Greek Style Cheese Side Salad

with Crunchy Cucumber and Sugar Snaps

Special Sides 5-10 Minutes • Veggie • 2 of your 5 a day







Lemon

Sugar Snap Peas



Baby Cucumber

Pea Shoots



Greek Style Salad Cheese



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Fine grater and bowl.

#### Ingredients

Ingredients	Quantity	
Lemon**	1	
Sugar Snap Peas**	80g	
Baby Cucumber**	1	
Pea Shoots**	40g	
Greek Style Salad Cheese** <b>7)</b>	100g	

Pantry	Quantity
Honey*	1 tbsp
Olive Oil for the Dressing $\!\!\!\!\!^\star$	2 tbsp

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	259g	100g
Energy (kJ/kcal)	1159 /277	448/107
Fat (g)	20.2	7.8
Sat. Fat (g)	9.3	3.6
Carbohydrate (g)	16.5	6.4
Sugars (g)	10.9	4.2
Protein (g)	10.7	4.1
Salt (g)	1.28	0.49

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

#### **7)** Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

#### Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ





## **Get Prepped**

- a) Zest and cut the lemon into wedges.
- **b)** Cut the **sugar snap peas** diagonally into 1cm pieces.
- c) Trim the **baby cucumber**, then halve lengthways. Cut lengthways into roughly 1cm wide strips, then cut into 1cm pieces widthways.



## **Lemon Dressing Time**

- a) Squeeze the juice from half the lemon wedges into a small bowl.
- **b)** Add the **lemon zest**, **honey** and **olive oil for the dressing** (see pantry for both amounts) to the bowl of **lemon juice**. Season with **pepper**, then stir to combine.



## Finish and Serve

- a) Add the pea shoots, sugar snap peas and baby cucumber to a serving dish.
- **b)** Drizzle over the **lemon dressing** and crumble over the **Greek style salad cheese**.
- c) Gently toss to fully coat in the dressing.
- **d)** Serve the remaining **lemon wedges** on the side for squeezing over.

## Enjoy!