



Parmigiano, Pine Nut & Wild Rocket Side Salad

with Ciabatta Croutons and Balsamic Glaze

Special Sides 20-25 Minutes

5A

Find all your unchilled Market items in bag A.



Ciabatta



Pine Nuts



Parmigiano Reggiano



Wild Rocket



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

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

Cooking tools

Baking tray, frying pan and bowl.

Ingredients

Ingredients	Quantity
Ciabatta 13)	1
Pine Nuts	15g
Parmigiano Reggiano** 7)	20g
Wild Rocket**	40g
Balsamic Glaze 14)	24ml

Pantry	Quantity
Olive Oil for the Dressing*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	106g	100g
Energy (kJ/kcal)	1083 /259	1067 /255
Fat (g)	13.1	12.9
Sat. Fat (g)	3.2	3.1
Carbohydrate (g)	27.5	27.1
Sugars (g)	6.8	6.7
Protein (g)	8.5	8.4
Salt (g)	0.64	0.63

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

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

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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1



Make your Croutons

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Tear the **ciabatta** into roughly 2cm chunks.

b) Pop the **ciabatta** onto a baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.

c) Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside to cool, 5-10 mins.

2



Toast the Pine Nuts

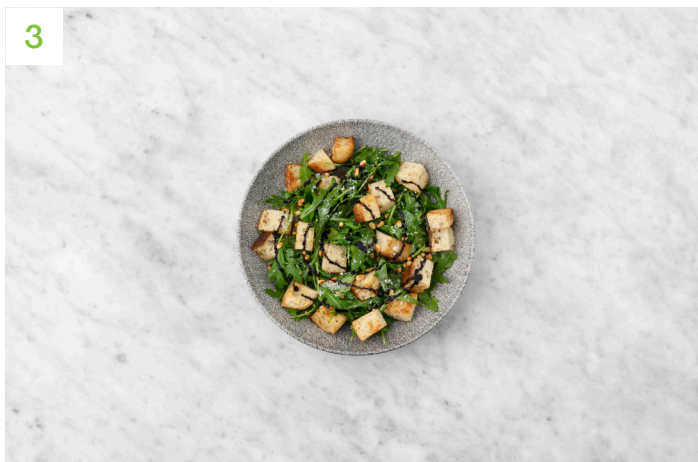
a) Meanwhile, heat a small frying pan on medium heat (no oil).

b) Once hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.

c) In a medium bowl, add the **baked croutons**, **Parmigiano Reggiano**, **rocket** and **olive oil for the dressing** (see pantry for amount).

d) Season with **salt** and **pepper**, toss to combine, then transfer to a large serving dish.

3



Finish and Serve

a) Scatter the **toasted pine nuts** over the **salad**.

b) Drizzle over the **balsamic glaze** to finish.

Enjoy!