



Ploughman's Cheddar Cheese and Apple Salad with Onion Marmalade Dressing and Croutons

Lunch 10-15 Minutes • 1 of your 5 a day • Veggie

11A

Find all your unchilled Market items in bag A.



Ciabatta



Onion Marmalade



Balsamic Vinegar



Mature Cheddar Cheese



Apple



Baby Leaf Mix

Pantry Items

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 and bowl.

Ingredients

Ingredients	Quantity
Ciabatta 13)	1
Onion Marmalade	40g
Balsamic Vinegar 14)	12ml
Mature Cheddar Cheese** 7)	160g
Apple**	1
Baby Leaf Mix**	100g

Pantry	Quantity
Olive Oil for the Dressing*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	254g	100g
Energy (kJ/kcal)	2416 /577	951 /227
Fat (g)	38.1	15.0
Sat. Fat (g)	19.0	7.5
Carbohydrate (g)	35.2	13.9
Sugars (g)	14.2	5.6
Protein (g)	25.2	9.9
Salt (g)	2.10	0.83

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, mollusc, 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) Once the oven is hot, bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

2



Get Prepped

a) Meanwhile, mix together in a large bowl the **onion marmalade**, **balsamic vinegar** and **olive oil for the dressing** (see pantry for amount). Set aside your **onion marmalade dressing** for later.

b) Chop the **Cheddar cheese** into 1cm cubes.

c) Quarter, core and finely chop the **apple** (no need to peel).

3



Finish and Serve

a) When you're ready to serve, add the **baked croutons**, **baby leaf mix**, **three quarters** of the **cheese** and **three quarters** of the **apple** to the bowl of **dressing**.

b) Toss to fully coat in the **dressing**.

c) Divide the **salad** between 2 serving bowls and scatter over the remaining **Cheddar** and **apple** to finish.

Enjoy!