



# Ploughman's Serrano Crisp, Cheddar & Apple Salad with Crispy Homemade Croutons

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

12A

Find all your unchilled Market items in bag A.



Ciabatta



Serrano Ham



Cider Vinegar



Mature Cheddar Cheese



Apple



Baby Leaf Mix

**Pantry Items**

Salt, Pepper, Sugar, 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 <b>13</b> )	1
Serrano Ham**	2 slices
Cider Vinegar <b>14</b> )	15ml
Mature Cheddar Cheese** <b>7</b> )	160g
Apple**	1
Baby Leaf Mix**	100g

Pantry	Quantity
Sugar for the Dressing*	1 tsp
Olive Oil for the Dressing*	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>253g</b>	<b>100g</b>
Energy (kJ/kcal)	2408 /575	954 /228
Fat (g)	39.0	15.5
Sat. Fat (g)	19.3	7.7
Carbohydrate (g)	27.6	10.9
Sugars (g)	7.4	2.9
Protein (g)	30.6	12.1
Salt (g)	3.00	1.19

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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## 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



## Prep the Salad

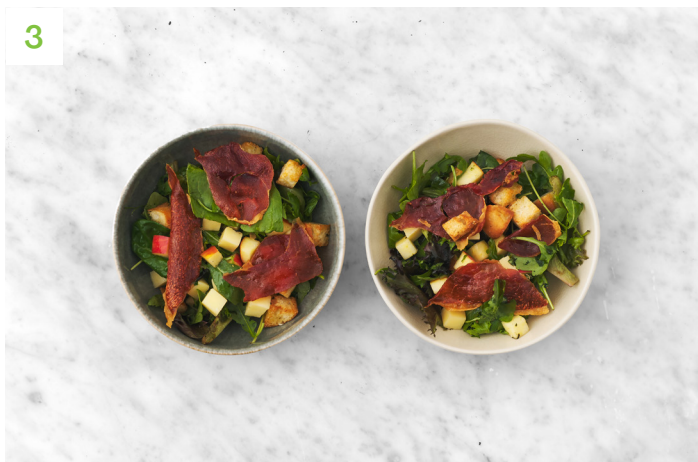
**a)** While the **croutons** bake, pop the Serrano ham onto another baking tray and cook on the top shelf of your oven until crisp and golden, 5-7 mins.

**b)** Meanwhile, in a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Set aside your **dressing** for now.

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

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

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## 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 **dressed salad** between 2 serving bowls and scatter over the remaining **Cheddar** and **apple**.

**d)** Break the **Serrano crisps** into 3 pieces and arrange on top of the **salads** to finish.

Enjoy!