



Goat's Cheese, Fig and Walnut Salad with Rocket and French Dressing

Lunch 5 Minutes • 1 of your 5 a day • Veggie

3A



Figs



Goat's Cheese



Rocket



French Dressing



Walnuts

Before you start

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

Cooking tools

Chopping board, knife and bowl.

Ingredients

Ingredients	Quantity
Figs**	4
Goat's Cheese** 7)	150g
Rocket**	80g
French Dressing 9)	60g
Walnuts 2)	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2039/487	832/199
Fat (g)	41.0	16.7
Sat. Fat (g)	13.5	5.5
Carbohydrate (g)	13.3	5.4
Sugars (g)	12.5	5.1
Protein (g)	16.9	6.9
Salt (g)	7.25	2.96

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

Allergens

2) Nuts 7) Milk 9) Mustard

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, 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.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps


Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

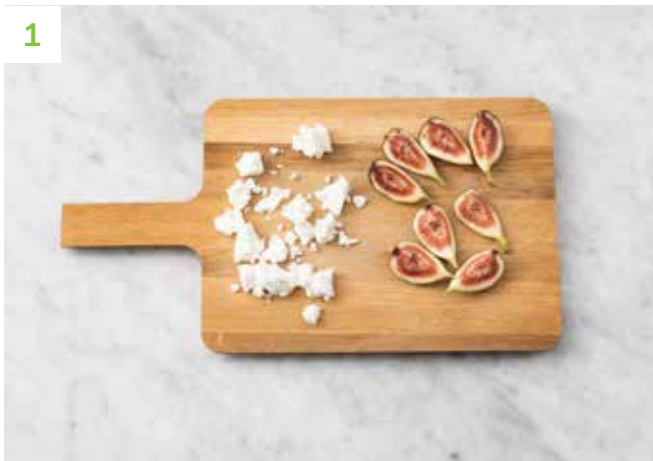
The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



1



2



3



Chop and Crumble

a) Quarter the **figs**.

b) Crumble the **goat's cheese**.

Get Dressed

a) Pop the **rocket** into a medium bowl with the **French dressing**.

b) Toss to coat well, then share between 2 serving bowls.

Lunch is Served

a) Pop the **figs** on top of the **rocket**.

b) Scatter over the **goat's cheese** and **walnuts**.

Enjoy!