



Caprese Salad

Serves 2

Lunch 10 – 15 mins



Tomato



Mozzarella



Green Pesto



Salad Leaves



Balsamic Glaze



Avocado

Pantry Items: Salt, Pepper, Oil



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2024-W39

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Ingredients

	Quantity
Tomato	2 units
Mozzarella	125 g
Green Pesto	30 g
Salad Leaves	40 g
Balsamic Glaze	1 sachet
Avocado	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	293.5 g	100 g
Energy (kJ/kcal)	1807.5 kJ/ 432 kcal	615.8 kJ/ 147.2 kcal
Fat (g)	34.9 g	11.9 g
Sat. Fat (g)	11.1 g	3.8 g
Carbohydrate (g)	18.5 g	6.3 g
Sugars (g)	8.2 g	2.8 g
Protein (g)	15.5 g	5.3 g
Salt (g)	1.2 g	0.4 g

Nutrition for uncooked ingredients.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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Get Prepped

- Chop the **tomatoes** into 2cm cubes and pop into a small bowl.
- Add the **pesto** and a drizzle of **oil** then gently stir to combine.
- Season with **salt** and **pepper**, then set aside.

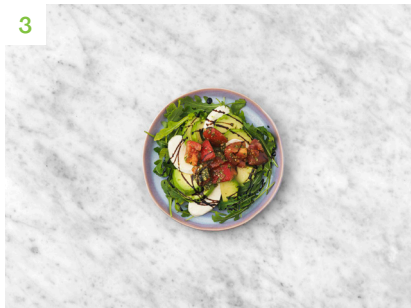
2



Finishing Touches

- Halve the **avocado** and remove the pit. Use a tablespoon to scoop the flesh out onto a board, face-down.
- Cut withways into ½ cm thick slices.
- Drain the **mozzarella** and cut into ½ cm thick slices.

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Assemble the Salad

- Layer the **salad leaves**, **avocado** and **mozzarella** around the perimeter of your serving plate, alternating between the three to create a circular fanned-out pattern.
- Season with **salt** and **pepper**.
- Place the **pesto tomatoes** in the centre of the plate.
- Finish by drizzling swirls of **balsamic glaze** onto the salad.

Enjoy!