



Golden Cheese & Chutney Salad

Serves 2

Lunch 10 – 15 mins



Grilling Cheese



Cranberry Chutney



Tomato



Hazelnuts



Salad Leaves



Avocado

Pantry Items: Salt, Pepper, Oil, Water



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2024-W43

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
Grilling Cheese	200 g
Cranberry Chutney	1 sachet
Tomato	2 units
Hazelnuts	10 g
Salad Leaves	40 g
Avocado	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	335 g	100 g
Energy (kJ/kcal)	2435.1 kJ/ 582 kcal	726.9 kJ/ 173.7 kcal
Fat (g)	44.9 g	13.4 g
Sat. Fat (g)	18.9 g	5.6 g
Carbohydrate (g)	20.1 g	6 g
Sugars (g)	9.8 g	2.9 g
Protein (g)	29.5 g	8.8 g
Salt (g)	2.6 g	0.8 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.

Contact

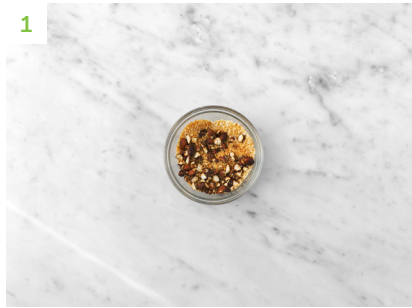
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Toast the Nuts

- Drain the **grilling cheese** then cut into slices (3 per person). Place in a bowl of cold **water**.
- Cut the **tomato** into 2cm chunks.
- Bash or roughly chop the **hazelnuts**.
- Place a pan (preferably non-stick) over medium heat (without oil).
- Dry-fry the **hazelnuts** until toasted, stirring regularly, 2-3 mins. Remove from the pan and set aside.

TIP: Watch them closely—they can burn easily.

Fry the Grilling Cheese

- Remove the **cheese** slices from the **water** and pat dry with kitchen paper.
- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, add the **cheese** and fry until golden, 2-3 mins on each side.
- Meanwhile, in a large bowl, make a dressing by mixing the **cranberry chutney** with 1 tbsp **oil**.
- Halve the **avocado** and remove the pit. Cut into chunks (while still in its skin) then use a spoon to scoop it out into the bowl with the dressing.

Assemble and Serve

- Add the **tomato** and **salad leaves** to the bowl and toss to coat in the dressing. Season to taste with **salt** and **pepper**.
- Divide the salad between bowls.
- Top with the pan-fried **cheese** and toasted **hazelnuts**.

Enjoy!