

Warm Goat's Cheese and Apple Salad

with crostini and caramelised onion chutney

15 – 20 mins • Veggie

14



Salad Leaves



Goat's Cheese



Apple



Cranberry Chutney



Cucumber



Balsamic Vinegar



Hazelnuts



Honey



Onion



Ciabatta



Tomato

Pantry Items: Oil, Salt, Pepper, Water, Sugar



Rate your recipe!

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.

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	2P	4P
Salad Leaves	80 g	160 g
Goat's Cheese	100 g	200 g
Apple	1 unit	2 units
Cranberry Chutney	1 sachet	2 sachets
Cucumber	1 unit	2 units
Balsamic Vinegar	1 sachet	2 sachets
Hazelnuts	10 g	20 g
Honey	1 sachet	2 sachets
Onion	1 unit	2 units
Ciabatta	2 units	4 units
Tomato	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	399 g	100 g
Energy (kJ/kcal)	1941.4 kJ/ 464 kcal	486.6 kJ/ 116.3 kcal
Fat (g)	23.1 g	5.8 g
Sat. Fat (g)	10 g	2.5 g
Carbohydrate (g)	51.4 g	12.9 g
Sugars (g)	20 g	5 g
Protein (g)	15.1 g	3.8 g
Salt (g)	1.2 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

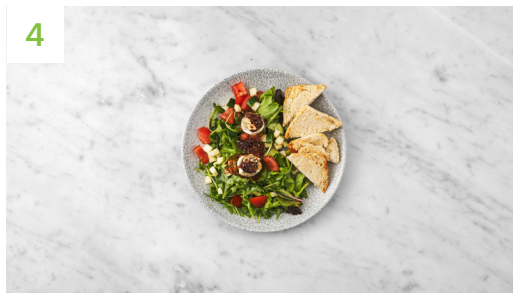


You can recycle me!



Make the Chutney

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **onion**.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion**, season with **salt** and **pepper** and fry until soft and sweet, 8-10 mins. Add the **balsamic vinegar** and a pinch of **sugar**. Cook until the **balsamic** has evaporated, 1-2 mins.
- Add the **cranberry chutney** and 2 tbsp **water**. Mix well and simmer for 1 min, then remove from heat and keep aside.



Finish and Serve

- Divide the salad between plates.
- Serve the warm **goat's cheese** on top.
- Finish with a dollop of the caramelized **onion** sauce.
- Serve the crunchy **ciabatta** crostini on the side.

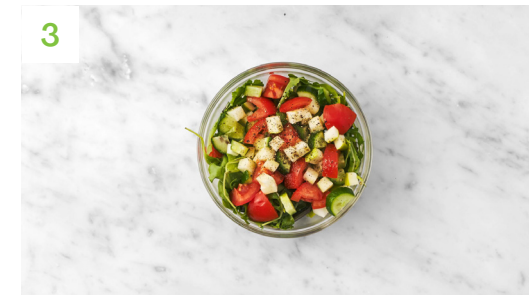
Enjoy!



Bake the Goat's Cheese

- Meanwhile, halve the **ciabatta** and place on a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**.
- Roughly chop the **hazelnuts**.
- Place the **goat's cheese** rounds alongside the **ciabatta**.
- Drizzle the **cheese** with **honey** and scatter over the **hazelnuts**.
- Bake the in the oven until the **ciabatta** is crispy and the **goat's cheese** is starting to melt, 4-6 mins.

TIP: Use two baking trays if necessary.



Assemble the Salad

- Meanwhile, halve, core and chop the **apple** into cubes (peeling optional).
- Trim the **cucumber**, quarter lengthways and chop widthways into small pieces.
- Chop the **tomato** into 2cm dice.
- In a salad bowl, season 1 tbsp **oil** (per 2P) with **salt** and **pepper**.
- Add the **apple**, **tomato**, **cucumber** and **salad leaves**. Season with **salt** and **pepper**. Toss to coat.