



# Christmas Ham and Orange Salad

serves 2

Lunch 10 – 15 mins



Sliced Ham



Salad Leaves



Hazelnuts



Orange



Maple Syrup



Mustard



Greek Style  
Cheese



Apple

Pantry Items: Oil, Salt, Pepper



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2024-W48



## 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
Sliced Ham	80 g
Salad Leaves	40 g
Hazelnuts	10 g
Orange	1 unit
Maple Syrup	15 g
Mustard	½ sachet
Greek Style Cheese	100 g
Apple	1 unit

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>297.8 g</b>	<b>100 g</b>
Energy (kJ/kcal)	1753.1 kJ/ 419 kcal	588.7 kJ/ 140.7 kcal
Fat (g)	31.6 g	10.6 g
Sat. Fat (g)	10.9 g	3.7 g
Carbohydrate (g)	27.2 g	9.1 g
Sugars (g)	24.4 g	8.2 g
Protein (g)	20.5 g	6.9 g
Salt (g)	2.1 g	0.7 g

## 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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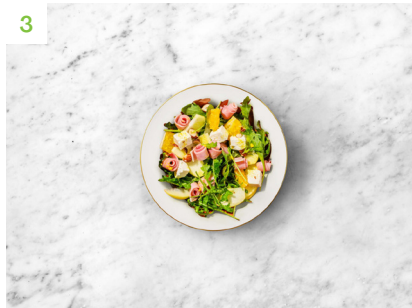
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## Get Prepped

- Bash or roughly chop the **hazelnuts**.
- Place a pot over medium heat (no oil). Once hot, dry-fry the **hazelnuts** until toasted, shifting regularly, 2-3 mins. Remove from the pot and set aside.
- Quarter and core the **apple**. Thinly slice lengthways.
- Halve the **orange**. Juice **one-half** then peel the rest with a knife and remove the segments.
- Chop the **Greek style cheese** into 1cm cubes.

## Make the Dressing

- Add 1 tbs **oil**, 1 tbs **orange** juice, **half** the **mustard** and **maple syrup** to a salad bowl.
- Mix well to make your dressing. Season to taste with **salt** and **pepper**.
- Just before serving, add the **salad leaves**, diced **cheese**, **orange** segments, **half** the toasted **hazelnuts** and **apple** slices to the salad bowl.
- Toss to coat everything in the dressing.

## Garnish and Serve

- Divide the salad between plates.
- Roll up the **ham** slices and arrange on top.
- Sprinkle with the remaining **hazelnuts**.

## Enjoy!