



QCOOK

Apple & Blue Cheese Salad

with a creamy honey-mustard dressing & walnuts

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	547.4kJ	2230.2kJ
Energy	130.9kcal	533.4kcal
Protein	3.5g	14.1g
Carbs	14.7g	60g
of which sugars	6.9g	28.2g
Fibre	1.9g	7.7g
Fat	6.4g	26.1g
of which saturated	2.6g	10.7g
Sodium	160.7mg	654.9mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Salad Leaves <i>rinse</i>
3	4	Apples <i>rinse, peel, core & thinly slice</i> <i>1½ [2]</i>
90g	120g	Blue Cheese
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
90g	120g	Croutons
180ml	240ml	Creamy Dressing <i>(120ml [160ml] Sour Cream. 15ml [20ml] Dijon Mustard, 30ml [40ml] Red Wine Vinegar & 15ml [20ml] Honey)</i>
30g	40g	Walnuts

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. **APPLE & CHEESE COMBO** In a serving bowl, add the salad leaves, apple, cucumber, croutons and crumble in the blue cheese.
2. **DRESSED TO IMPRESS** Drizzle over the creamy dressing, season and toss to combine.
3. **COMPLETE WITH CRUNCH** Scatter over the walnuts and get to eating!