



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	570kJ	2378kJ
Energy	136kcal	569kcal
Protein	3.9g	16.3g
Carbs	14g	60g
of which sugars	6.8g	28.3g
Fibre	1.8g	7.7g
Fat	6.9g	29g
of which saturated	3g	12.6g
Sodium	184mg	770mg

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 & roughly shred</i>
3	4	Apples <i>rinse, peel, core & thinly slice</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
90g	120g	Croutons
120g	160g	Blue Cheese
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

Water
Seasoning (salt & pepper)

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!