



QCOOK

Apple & Blue Cheese Salad

with a creamy honey-mustard dressing & walnuts

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

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 1	[Serves 2]	
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Apple/s <i>rinse, peel, core & thinly slice</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
30g	60g	Croutons
40g	80g	Blue Cheese
60ml	120ml	Creamy Dressing <i>(40ml [80ml] Sour Cream, 5ml [10ml] Dijon Mustard, 10ml [20ml] Red Wine Vinegar & 5ml [10ml] Honey)</i>
10g	20g	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!

Chef's Tip