



# Carb Smart Brie and Apple Salad

with Honey-Blueberry Dressing

Carb Smart Quick 25 Minutes



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-  Brie Cheese
-  Spring Mix
-  Walnuts, chopped
-  Blueberry Jam
-  Honey
-  Gala Apple
-  Mini Cucumber
-  Ciabatta Roll
-  Balsamic Vinegar

HELLO BRIE CHEESE  
*This creamy cheese takes a salad from simple to luxurious!*

## Start here

- Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Large non-stick pan, measuring spoons, large bowl, whisk, medium bowl

## Ingredients

	2 Person	4 Person
Brie Cheese	125 g	250 g
Spring Mix	113 g	227 g
Walnuts, chopped	28 g	56 g
Blueberry Jam	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Gala Apple	1	2
Mini Cucumber	66 g	132 g
Ciabatta Roll	1	2
Balsamic Vinegar	1 tbsp	2 tbsp
Oil*		

Salt and Pepper\*

\* Pantry items

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



### Prep

- Cut **cucumber** into ¼-inch rounds.
- Cut **brie** into ¼-inch pieces.
- Core, then cut **apple** into ¼-inch wedges.



### Whisk dressing

- Add **honey, blueberry jam, vinegar, 1½ tbsp (3 tbsp) oil** to a large bowl. Season with **salt and pepper**, then whisk to combine.
- Set aside.



### Toast walnuts

- Heat a large non-stick pan over medium-high heat.
- When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on walnuts so they don't burn!)
- Transfer to a plate.



### Make croutons

- Cut **ciabatta** into 1 inch pieces.
- Add **ciabatta** and **1 tbsp (2 tbsp) oil** to a medium bowl. Season with **salt and pepper**, then toss to coat.
- Heat the same pan over medium.
- When hot, add **ciabatta**. Cook, stirring occasionally, until golden-brown on all sides, 3-4 min.
- Transfer to a plate.



### Finish and serve

- Add **cucumbers, apple, spring mix** and **croutons** to the large bowl with **dressing**. Toss to combine.
- Divide **salad** between bowls.
- Top with **brie** and **walnuts**.

## Dinner Solved!



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