



Cully & Sully Meal with Side Salad

with tomato and cucumber

25 – 30 mins

29



Cucumber



Salad Leaves



Tomato



Cully & Sully Meal



Honey Mustard Dressing

Pantry Items: Salt, Pepper



Rate your recipe!

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

	2P	4P
Cucumber	1 unit	2 units
Salad Leaves	40 g	80 g
Tomato	2 units	4 units
Cully & Sully Meal	800 g	1600 g
Honey Mustard Dressing	1 sachet	2 sachets

Nutrition

for uncooked ingredient	Per 100 g
Energy (kJ/kcal)	195 kJ/ 47 kcal
Fat (g)	3 g
Sat. Fat (g)	0.2 g
Carbohydrate (g)	4.7 g
Sugars (g)	3.1 g
Protein (g)	1.1 g
Salt (g)	0.1 g

Nutrition is for salad ingredients only. For detailed nutritional info including your chosen meal, please see site or app.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Contact

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



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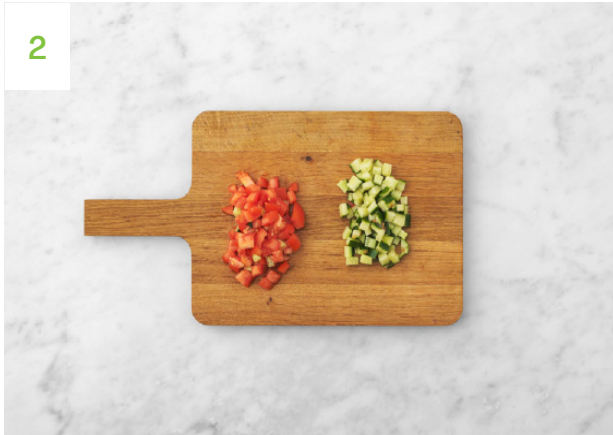
1



Heat your Meal

- Heat your meal per packaging instructions.

2



Prep the Veg

- Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces.
- Chop the **tomato** into 2cm chunks.
- Toss the **cucumber**, **tomato** and **salad** with the **honey mustard dressing**.

3



Finish and Serve

- Plate up your heated meal.
- Serve your salad alongside.

Enjoy!