



Grilling Cheese and Orange Salad

with sweet chilli sauce

20 – 25 mins • Veggie

19



Grilling Cheese



Easy Peeler



Sweet Chilli Sauce



Onion



Red Wine Vinegar



Ciabatta



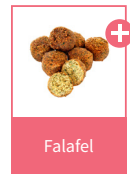
Cucumber



Edamame Beans



Salad Leaves



Falafel

Pantry Items: Oil, Salt, Pepper, Sugar



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.

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	2P	4P	6P
Grilling Cheese	200 g	400 g	600 g
Easy Peeler	2 units	4 units	6 units
Sweet Chilli Sauce	1 sachet	2 sachets	3 sachets
Onion	1 unit	2 units	3 units
Red Wine Vinegar	1 sachet	2 sachets	3 sachets
Ciabatta	2 units	4 units	6 units
Cucumber	1 unit	2 units	3 units
Edamame Beans	80 g	160 g	240 g
Salad Leaves	120 g	240 g	360 g
Falafel	160 g	320 g	480 g

Nutrition

for uncooked ingredient	Recipe 1	
	Per 100 g	Per 100 g
Energy (kJ/kcal)	536.9 kJ/ 128.3 kcal	548 kJ/ 131 kcal
Fat (g)	6.9 g	6.5 g
Sat. Fat (g)	3.4 g	3 g
Carbohydrate (g)	11.4 g	12.4 g
Sugars (g)	5.5 g	5.3 g
Protein (g)	5.7 g	5.8 g
Salt (g)	0.9 g	0.9 g

See site or app for detailed nutritional info.

Allergens

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

Contact

Share your creations with #HelloFreshIreland

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

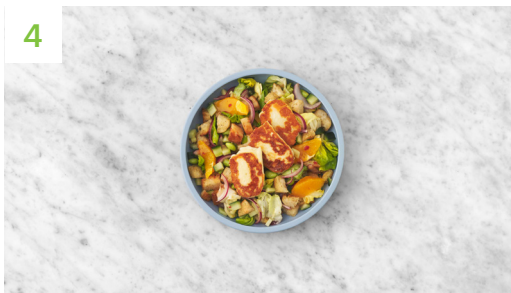


You can recycle me!



Cook the Croutons

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **ciabatta** into 1cm cubes.
- Pop onto a lined baking tray then toss with a drizzle of **oil** and a pinch of **salt** and **pepper**. Bake in the oven until crispy and golden brown, 8-10 mins.
- Meanwhile, drain the **grilling cheese** then chop into slices (3 per person). Add to a bowl of cold **water**.
- Trim the **salad leaves**, then thinly slice or tear into bite-sized pieces.



Divide and Serve

- Divide the tossed **salad** between plates.
- Top with the **grilling cheese**.

Enjoy!



Get Prepped

- Trim the **cucumber**, then quarter lengthways. Chop widthways into small pieces.
- Halve, peel and slice the **onion** as thinly as you can.
- Peel and separate the **easy peeler** segments. Squeeze juice from 2 segments (per 2P) into a large bowl.
- To the juice, add **sweet chilli sauce**, **red wine vinegar** and 1 tbsp **oil** (per 2P).
- Mix well and toss with the **onion**. Season to taste with **salt**, **pepper** and **sugar**.



Fry the Cheese

- Remove the **cheese** slices from the **water** and pat dry with kitchen paper.
- Place a pan (preferably non-stick) over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **grilling cheese** until golden, turning often, 4-5 mins.
- Toss the **salad leaves** with **edamame**, **cucumbers**, **easy peeler** segments, croutons, **onion** and the **sweet chilli** dressing.
- Season to taste with **salt** and **pepper**.

CUSTOM OPTIONS

+ FALAFEL

Adding falafel? Fry in a hot pan for 3-5 mins then add to the salad before serving.