



# Waldorf salad with shredded seitan

and fennel and dill



Our delicious version of waldorf salad featuring Suzy Spoon's shredded seitan. With added crunch from fennel and toasted sunflower seeds and a touch of fresh dill, this salad is moreish to say the least. Quick and easy to make and sure to impress.

HIGH PROTEIN | CALORIE SMART | Quick & easy



Make this dish within 5 days of receiving your meal kit



Cooking equipment: large frying pan



Pantry items needed: vegetable oil



Hands-on: 15 minutes  
Ready in: 20 minutes



Serves: 2 or 4



Suzy Spoon's  
shredded  
seitan

(400g) \$13

Featured as part  
of this meal kit  
and available to  
add to your next  
order.

### Before you start

Read through the recipe and give your fresh produce a wash.

### Ingredients

	2 serves	4 serves
Cos lettuce hearts	250g	500g
Fennel	65g	130g
Celery	80g	160g
Red apple	180g	360g
Lemon	100g (half)	100g
Dill	5g	10g
Walnut sunflower mix	1 packet	1 packet
Vegetable oil*	2 tsp	4 tsp
Suzy Spoon shredded seitan	1 packet	2 packets
Waldorf dressing	1 tub	1 tub

\* Pantry items

### Allergens and ingredients

Allergens: gluten, wheat, soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

### 1. Prepare vegetables

Pick leaves from **lettuce**, remove core and finely shred. Finely slice **fennel** and **celery**. Quarter **apple**, remove core and thinly slice. Juice **lemon** ( $\frac{1}{2}$  for 2 serves and 1 for 4 serves). In a large salad bowl, add **lettuce**, **fennel**, **celery**, **apple** and **lemon juice** and toss to combine. Finely chop **dill**, setting aside **half** for garnish.

### 2. Toast nuts and seeds

Heat a large frying pan over low-medium heat and toast **walnut sunflower mix** until lightly golden brown, about **6 minutes**. Remove from the heat and set aside in a small bowl.

### 3. Cook seitan

In the same frying pan over medium heat, add **vegetable oil\***. When hot, add **shredded seitan** and cook, turning regularly, until the **seitan** is golden brown, about **4 minutes**. Remove from the heat and allow to cool. When cool enough to handle, cut the **seitan** into thin slices and add to salad bowl.

### 4. Finish dressing

In a small bowl, add half the quantity of **dill** to the **waldorf dressing** and stir to combine. Add **dressing** to salad bowl and toss to combine.

### 5. Serve

Serve **waldorf salad** into shallow bowls and sprinkle with **walnut sunflower mix** and remaining **dill**.

Eat your way  
to healthy!



**Cos lettuce** is good source of vitamins A, C, B9 and K. It is also rich in several minerals, including calcium, phosphorous, magnesium and potassium.

Cos lettuce has been linked to health benefits such as heart health, reduced risk of cancer, eye health and stronger bones.

### Nutritional information\*

	Per 370g serve	Per 100g
Energy	1980kj (474Cal)	540kj (129Cal)
Protein	27.1g	7.4g
Fat, total	28.9g	7.9g
- Saturated	2.7g	0.7g
Carbohydrate	21.7g	5.9g
- Sugars	16.0g	4.4g
Sodium	580mg	158mg

\* Nutritional information is based on averages