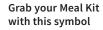




# Tuna Nicoise-Style Salad with Mustard Cider Dressing & Dill-Parsley Mayo







With Garlic Herb Butter





**Snacking Tomatoes** 







Tinned Tuna



Mixed Salad

Leaves

In Olive Oil Blend



Mustard Cider



Dressing





Flaked Almonds



This dish takes humble tinned tuna and transforms it into a flavourful sensation. Picture this: tender flakes of tuna, a vibrant mix of veggies and a zesty dressing that ties it all together. It's a culinary jazz session that'll have your taste buds swinging with delight!

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## Before you start

Wash your hands and any fresh food.

## Ingredients

	2 People
roasted potatoes with garlic herb butter	1 packet (300g)
green beans	1 medium bag
snacking tomatoes	1 punnet (180g)
kalamata olives	1 packet
tinned tuna in olive oil blend	2 tins
mixed salad leaves	1 medium bag
mustard cider dressing	2 packets (80g)
dill & parsley mayonnaise	1 medium packet
flaked almonds	1 medium packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3208kJ (766Cal)	578kJ (138Cal)
Protein (g)	32.8g	5.9g
Fat, total (g)	56.7g	10.2g
- saturated (g)	7.9g	1.4g
Carbohydrate (g)	30.2g	5.4g
- sugars (g)	8.6g	1.5g
Sodium (mg)	1767mg	318mg
Dietary Fibre (g)	9.4g	1.7g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



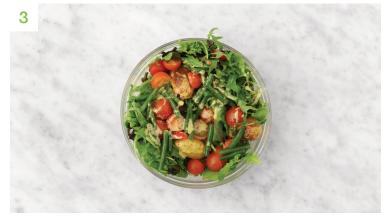
# Cook potato & green beans

- Prick a few holes in roasted potatoes with garlic herb butter container.
  Microwave until soft and steaming, 4-5 minutes. Set aside to slightly cool, then halve.
- Trim green beans and slice into thirds.
- Add **green beans** to a microwave-safe bowl with a splash of water, then cover with a damp paper towel.
- Microwave green beans on high until just tender, 2-4 minutes.
- Drain green beans, then return to the bowl and cover to keep warm.



## Get prepped

- Meanwhile, halve **snacking tomatoes**.
- Roughly chop kalamata olives.
- Drain tinned tuna in olive oil blend.



## Bring it all together

• In a large bowl combine, potatoes, green beans, tomatoes, olives, mixed salad leaves, mustard cider dressing and a pinch of salt and pepper.



### Serve up

- Divide salad between bowls and top with drained tuna.
- Drizzle over dill & parsley mayonnaise, then sprinkle with flaked almonds to serve. Enjoy!



Scan here if you have any questions or concerns



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