



Tuna Nicoise-Style Salad

with Mustard Cider Dressing & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Roasted Potatoes With Garlic Herb Butter



Green Beans



Snacking Tomatoes



Kalamata Olives



Tinned Tuna In Olive Oil Blend



Mixed Salad Leaves



Mustard Cider Dressing



Dill & Parsley Mayonnaise



Flaked Almonds

Prep in: **15 mins**
Ready in: **15 mins**

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

*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.



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**.



Get prepped

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



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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