



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK48  
2016



## Veggie Niçoise Salad with Butter Beans & Golden Potatoes

Thanks to the ingenious chef who concocted the Salade Niçoise, we can bring you this delicious dinner. Crunchy green beans, crispy potatoes, sweet cherry tomatoes, creamy butter beans and salty Kalamata olives are topped off with a soft egg for a salad that reads like a greatest hits of flavour.



Prep: 10 mins

Cook: 45 mins

Total: 55 mins



level 1



gluten free



high fibre

### Pantry Items



Eggs



Olive Oil



Potatoes



Green Beans



Garlic



Cherry Tomatoes



Red Onion



Butter Beans



Kalamata Olives



Lemon

JOIN OUR PHOTO CONTEST



#HelloFreshAU

| 2P       | 4P        | Ingredients                              |
|----------|-----------|--|
| 400 g    | 800 g     | potatoes, unpeeled & halved              |
| 2        | 4         | eggs *                                   |
| 1 packet | 2 packets | green beans, trimmed & cut into thirds   |
| 1 ½ tbs  | 3 tbs     | olive oil *                              |
| 1 clove  | 2 cloves  | garlic, unpeeled & left whole            |
| 1 punnet | 2 punnets | cherry tomatoes, halved                  |
| ¼        | ½         | red onion, finely sliced                 |
| 1 tin    | 2 tins    | butter beans, drained & rinsed           |
| 1 tub    | 2 tubs    | Kalamata olives, halved (check for pits) |
| ½        | 1         | lemon, zested & juiced                   |

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

|              |      |    |
|--------------|------|----|
| Energy       | 1940 | Kj |
| Protein      | 19.8 | g  |
| Fat, total   | 23.4 | g  |
| -saturated   | 5    | g  |
| Carbohydrate | 37.8 | g  |
| -sugars      | 9.5  | g  |
| Sodium       | 475  | mg |



**You will need:** *chef's knife, chopping board, sieve, zester, bowl of cold water, oven tray lined with baking paper, large bowl, small bowl or jug, whisk and large saucepan.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Place the **potato** in a large saucepan and cover with water. Add a pinch of **salt** and bring to the boil. Cook for **15 minutes**. Add the **eggs** and cook for a further **6 minutes**. Add the **green beans** in the last **2 minutes**. Drain really well. Place the eggs and green beans in a bowl of cold water and set aside. Transfer the potato to the prepared oven tray and toss in half of the **olive oil** with the whole **garlic** clove. Season to taste with salt and **pepper** and place in the oven for **20 minutes**.

**3** Meanwhile, in a large bowl combine the **cherry tomatoes**, **red onion**, **butter beans**, **Kalamata olives** and green beans.

**4** In a small bowl or jug combine the remaining olive oil, **lemon juice** and **lemon zest**. Squeeze in the flesh of the roasted garlic. Whisk to combine well. Season to taste with salt and pepper.

**5** Add the roasted potatoes to the salad bowl and stir through the dressing.

**6** Peel the eggs and slice them in half.

**7** To serve, divide the salad between bowls and top with one egg each.

**Did you know?** 'Niçoise' means 'in the style of Nice', which refers to the cooking style of Nice in Provence, France.

