



# Niçoise Salad

with Garlic Green Beans and Roasted Potatoes

**Lunch** 25-30 Minutes • 1 of your 5 a day

11A

Find all your unchilled Market items in bag A.



Baking Potato



Green Beans



Garlic Clove



Baby Leaf Mix



Olives



Basil Flavoured Tuna



French Dressing

**Pantry Items**

Oil, Salt, Pepper, Egg

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, kettle, saucepan, frying pan, lid and bowl.

## Ingredients

Ingredients	Quantity
Baking Potato	1
Green Beans**	150g
Garlic Clove**	2
Baby Leaf Mix**	100g
Olives	60g
Basil Flavoured Tuna <b>4)</b>	1 tin
French Dressing <b>9)</b>	60g

Pantry	Quantity
Egg*	2

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	438g	100g
Energy (kJ/kcal)	2123 /507	484 /116
Fat (g)	29.1	6.6
Sat. Fat (g)	4.4	1.0
Carbohydrate (g)	37.6	8.6
Sugars (g)	6.9	1.6
Protein (g)	23.9	5.4
Salt (g)	2.17	0.50

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**4)** Fish **9)** Mustard


Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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1



2



3



## Roast the Potato

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potato** into 1cm chunks (no need to peel).
- Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.
- When the oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.

## Prep the Toppings

- Meanwhile, trim and halve the **green beans**. Peel and grate the **garlic** (or use a garlic press).
- Boil a half-full kettle. Pour the **boiled water** into a medium saucepan and bring to the boil.
- Boil the **eggs** (see pantry for amount) for 7-8 mins. Once cooked, drain and allow to cool. **IMPORTANT:** Ensure egg whites are fully cooked. Once cooled, remove the egg shells.
- While the **eggs** boil, heat a drizzle of **oil** in a medium frying pan on medium-high heat.
- Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

## Finish and Serve

- Stir the **garlic** into the **green beans**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.
- In a large bowl, combine the **baby leaf mix**, **olives**, **tuna**, **garlic green beans**, **baked potatoes** and **French dressing**. Toss to coat, then divide between 2 serving bowls.
- Chop the **eggs** in half and top each bowl with **2 halves**.

Enjoy!