

INGREDIENTS

2 PERSON | 4 PERSON



Red Onion



Lemon



Ciabatta Contains: Soy, Wheat



1 | 2 Mini Cucumber



5 tsp | 10 tsp Red Wine Vinegar



5.6 oz | 11.2 oz Canned Tuna Contains: Fish



Mayonnaise **Contains: Eggs**



1½ TBSP | 3 TBSP Sour Cream Contains: Milk



1tsp 2tsp Garlic Powder



2 tsp | 2 tsp Dijon Mustard



5 oz | 10 oz Baby Spinach



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

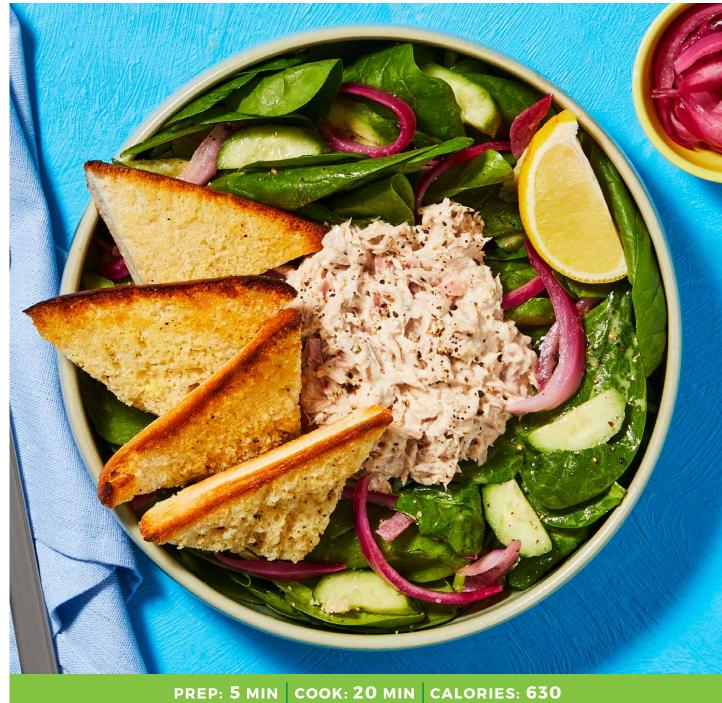
HELLO

QUICK PICKLE

Onion gets tangy in a snap, thanks to the microwave.

CREAMY TUNA & SPINACH SALAD

with Pickled Red Onion, Cucumber & Garlic Bread





WHY ASK DRY?

Why bother drying salad greens? So glad you asked! This essential step helps the dressing coat the leaves.

BUST OUT

- Small bowl
- Strainer
- 2 Large bowls
- Medium bowl
- Plastic wrap
- Baking sheet
- Can opener
- Whisk
- Kosher salt
- Black pepper
- Sugar (¾ tsp | 1½ tsp)
- Olive oil (4 tsp | 7 tsp)
- Butter (1 tsp | 2 tsp)
 Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663 HelloFresh.com



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. (TIP: If you have a toaster oven, feel free to skip preheating—you'll use it to toast the ciabatta in Step 4.) Place 1 tsp butter (2 tsp for 4 servings) in a small bowl to soften. Wash and dry produce.
- Halve, peel, and thinly slice onion.
 Halve ciabatta. Quarter lemon. Trim and halve cucumber lengthwise; thinly slice crosswise into half-moons



2 PICKLE ONION

- In a large microwave-safe bowl, combine sliced onion, vinegar, ½ tsp sugar (1 tsp for 4 servings), and 2 TBSP water (4 TBSP water for 4). Season with salt and pepper.
- Cover with plastic wrap; microwave for 30-60 seconds. Remove plastic wrap and set aside to pickle, stirring occasionally, until ready to serve.



3 MAKE TUNA SALAD

- Open canned tuna and drain; place in a medium bowl.
- Stir in mayonnaise, sour cream, and half the garlic powder. Taste and season with salt and pepper.



4 MAKE GARLIC BREAD

- Stir a drizzle of olive oil and a pinch of garlic powder into bowl with softened butter. Lightly season with salt and pepper.
- Spread garlic butter onto cut sides of ciabatta; place on a baking sheet.
 (TIP: For easy cleanup, line baking sheet with aluminum foil first.) Toast on top rack until golden brown,
 5-6 minutes. TIP: You can use your toaster oven instead.
- Slice garlic bread into four triangles each.



5 MIX DRESSING & TOSS SALAD

- In a second large bowl, whisk together juice from one lemon wedge, half the mustard, 1 TBSP olive oil, and ¼ tsp sugar (for 4 servings, use juice from two lemon wedges, all the mustard, 2 TBSP olive oil, and ½ tsp sugar).
 Season with salt and pepper.
- Add spinach, cucumber, and as much pickled onion as you like (draining first) to bowl with dressing; toss to combine.



6 SERVE

 Divide salad between bowls. Top with tuna and more pickled onion if desired. Serve with garlic bread and remaining lemon wedges on the side.