



# CREAMY TUNA & SPINACH SALAD

with Pickled Red Onion, Cucumber & Garlic Bread

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Red Onion



1 | 1  
Lemon



1 | 2  
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



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



1 tsp | 2 tsp  
Garlic Powder



2 tsp | 2 tsp  
Dijon Mustard



5 oz | 10 oz  
Baby Spinach



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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.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 620



### 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 ( $\frac{3}{4}$  tsp |  $1\frac{1}{2}$  tsp)
  - Olive oil (4 tsp | 7 tsp)
  - Butter (1 tsp | 2 tsp)  
Contains: Milk

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### 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.



### 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.



### 2 PICKLE ONION

- In a large microwave-safe bowl, combine sliced onion, vinegar,  $\frac{1}{2}$  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.



### 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  $\frac{1}{4}$  tsp sugar (for 4 servings, use juice from two lemon wedges, all the mustard, 2 TBSP olive oil, and  $\frac{1}{2}$  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.



### 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.



### 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.