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Veggie Niçoise Salad with Cannellini Beans & Crispy 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 cannellini 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



**lactose
free**



low carb

Pantry Items



Olive Oil



Potatoes



Free-Range Eggs



Green Beans



Garlic



Cherry Tomatoes



Red Onion



Cannellini Beans



Kalamata Olives



Lemon

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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & halved
2	4	free-range eggs 
100 g	200 g	green beans, trimmed & cut into thirds
1 ½ tbs	3 tbs	olive oil *
1 clove	2 cloves	garlic, unpeeled & left whole 
½ punnet	1 punnet	cherry tomatoes, halved 
¼	½	red onion, finely sliced 
1 tin	2 tins	cannellini beans, drained & rinsed
½ pouch	1 pouch	Kalamata olives, halved (check for pits)
½	1	lemon, zested & juiced 

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	1800	Kj
Protein	19.5	g
Fat, total	20.6	g
-saturated	4.7	g
Carbohydrate	36.2	g
-sugars	8.1	g
Sodium	518	mg

2a



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

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 **free-range 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 medium bowl of cold water and set aside. Transfer the potatoes to the prepared 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 salad bowl combine the **cherry tomato, red onion, cannellini beans, Kalamata olives** and green beans.

4 In a small bowl or jug combine the remaining olive oil, **lemon juice** and **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? The soluble fibre found in cannellini beans helps to stabilise blood sugar levels.

2b



3



4

