

DINNERLY



Nicoise Pasta Salad

with Tuna



20-30 minutes



2 Servings

WHAT WE SEND

- 20g black pitted olives
- 75g red pesto ^{7,15}
- 200 farfalle ¹
- 100g green beans
- 185g can tuna ⁴
- 70g rocket leaves

WHAT YOU NEED

- eggs ³
- garlic clove
- salt and pepper

TOOLS

- large saucepan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Fish (4), Milk (7), Tree Nuts (15). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 840kcal, Fat 40.3g, Carbs 70.6g, Proteins 45.7g



1. Prep ingredients

Bring a large saucepan of salted water to the boil. Thinly slice **2 garlic cloves**. Trim and halve the **beans**. Halve the **olives**. Drain the **tuna**, reserving the tuna oil, then flake into chunks.



2. Cook pasta and eggs

Cook the **pasta** for 3-5 mins until almost al dente. Add **2 eggs** and cook for a further 6 mins for soft-boiled eggs. Reserve **60ml (¼ cup) cooking water**, then drain the pasta and eggs.



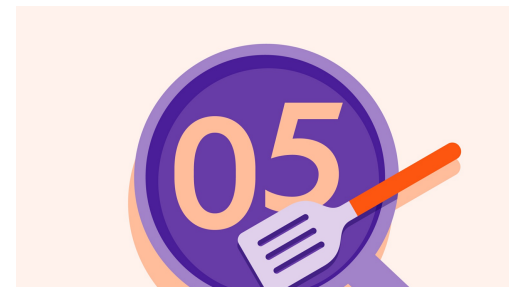
3. Cook garlic and beans

Meanwhile, heat the **reserved tuna oil** in a medium frypan over medium heat. Cook the **garlic** and **beans**, stirring, for 2-3 mins until just tender. Remove from the heat and season with **salt and pepper**.



4. Add pesto

Add the **pesto** and **reserved cooking water** to the bean mixture and stir to combine. Add the **pasta** and **half the tuna** and toss to combine. Season with **salt and pepper**.



5. Serve up

Peel the **eggs**, then cut in half. Toss the **rocket** and **olives** through the pasta mixture, then divide among bowls. Top with the **egg** and **remaining tuna** to serve.



6. Make it yours

Mix it up with baby spinach leaves in place of rocket, or up the ante and scatter over grated parmesan to serve.