

DINNERLY



Nicoise Pasta Salad

with Tuna



20-30 minutes



4 Servings

WHAT WE SEND

- 150g green beans
- 150g red pesto ^{7,15}
- 400g farfalle ¹
- 425g can tuna ⁴
- 140g rocket leaves
- 40g black pitted olives

WHAT YOU NEED

- eggs ³
- garlic clove
- salt and pepper

TOOLS

- large frypan
- large saucepan

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 870kcal, Fat 42.2g, Carbs 70.3g, Proteins 48.8g



1. Prep ingredients

Bring a large saucepan of salted water to the boil. Thinly slice **3 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 **4 eggs** and cook for a further 6 mins for soft-boiled eggs. Reserve **125ml (½ cup) cooking water**, then drain the pasta and eggs.



3. Cook garlic and beans

Meanwhile, heat the **reserved tuna oil** in a large 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.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from at least 60%
Australian ingredients