



More than Food

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Mediterranean Butter Bean Salad

with Green Beans, Feta, and Black Olive-Sherry Vinaigrette



Creamy Yukon potatoes and butter beans make the ultimate duo in this Mediterranean-inspired dish. Offset by crisp-tender green beans and juicy tomatoes, this salad has the perfect balance of textures. Sherry vinegar's depth finishes off the dish with nutty complexity.



30 min



level 1



nut free



veggie



gluten free



Yukon Potatoes



Black Olives



Grape Tomatoes



Mixed Greens



Green Beans



Butter Beans



Sherry Vinegar



Parsley



Garlic



Feta

Ingredients

	2 People	4 People
Yukon Potatoes	12 oz	24 oz
Black Olives	1 oz	2 oz
Grape Tomatoes	1 bunch	2 bunches
Mixed Greens	4 oz	8 oz
Green Beans	4 oz	8 oz
Butter Beans	1 can	2 cans
Sherry Vinegar	2 T	4 T
Parsley	1 bunch	2 bunches
Garlic	2 cloves	4 cloves
Feta	1/2 cup	1 cup
Olive Oil*	3 T	6 T

*Not Included

Allergens

1) Dairy

Tools

Medium Pot, Slotted Spoon, Large Bowl, Strainer, Whisk

Ruler

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Nutrition per person Calories: 581 cal | Carbs: 44 g | Fat: 29 g | Protein: 21 g | Fiber: 13 g



1 Cut the **potatoes** into 1/2-inch cubes. Bring a medium pot of water, the **potatoes**, and a large pinch of **salt** to a boil. Cook for 10-12 minutes, until fork-tender. Remove the **potatoes** from the water with a slotted spoon and set aside. Keep the water boiling on the stove for later.



2 Meanwhile, trim and halve the **green beans**. Mince the **olives**. Pick the **parsley leaves** and discard the stems. Drain and rinse the **butter beans**. Halve the **grape tomatoes**. Mince or grate the **garlic**.



3 Add the **green beans** to the boiling water and cook for about 3 minutes, until crisp-tender. Remove with a slotted spoon and rinse under very cold water to cool.

4 **Make the black-olive sherry vinaigrette:** in a large bowl, combine the **minced olives**, 2 tablespoons **sherry vinegar**, 3 tablespoons **olive oil**, and as much **minced garlic** as you like. Whisk to combine and season with **salt** and **pepper**.



5 Toss the **mixed greens**, **green beans**, **tomatoes**, **butter beans**, **potatoes** and **feta** into the **vinaigrette**. Season with **salt** and **pepper** and garnish with the **parsley leaves**.