



## Escarole and Citrus Salad

with Tuna and Pistachios



20-30min



2 Servings

The vibrant colors of this winter citrus salad will bring brightness to any cloudy day. You'll also get a healthy dose of vitamin C thanks to grapefruit and blood orange—a sweet-tart fruit with burgundy red flesh, originally from Sicily and Spain. For omega 3s, we're sending you our favorite sustainably canned tuna, American Tuna's pole-caught wild albacore. Cook, relax and enjoy.



## What we send

- fresh parsley
- can tuna
- red onion
- red wine vinegar
- grapefruit
- blood orange
- escarole
- whole grain mustard <sup>17</sup>

## What you need

- coarse salt
- olive oil

## Tools

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 645kcal, Fat 33g, Carbs 49g, Proteins 27g



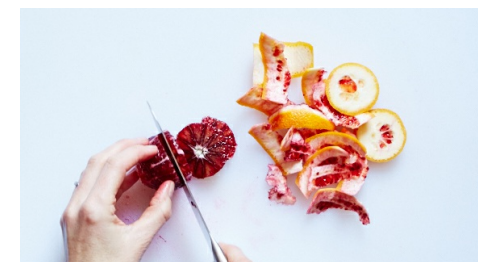
### 1. Soak onion

Peel and thinly slice onion and place in a small bowl. Toss with vinegar and season with salt, let stand while prepping other ingredients (at least 15 minutes).



### 2. Segment grapefruit

Using a sharp paring knife, put ends from grapefruit then cut away peel and pith, beginning at the top and following the curves of the fruit. Working over a medium bowl to catch the juice, carefully cut between membranes to remove segments.



### 3. Cut blood orange

Cut off ends from blood orange then cut away peel and pith, beginning at the top and following the curves of the fruit. Cut remaining fruit crosswise into rounds.



### 4. Arrange salad

Roughly chop pistachios. Remove parsley leaves from stems. Remove end from escarole then tear into bite sized pieces and arrange on a platter along with parsley leaves, citrus and pistachios.



### 5. Scatter tuna and onion

Open tuna and remove from oil. Flake tuna over the salad. Reserving the vinegar, remove onions and scatter over the salad.



### 6. Drizzle on dressing

Add mustard and 3 tablespoons oil to the vinegar, season with salt and whisk to combine. Drizzle over salad to serve. Enjoy!