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by ewfood

Niçoise Salad

Ingredients

5oz. green beans, blanched
3 eggs, hard boiled and quartered
1 small onion, sliced
2 tomatoes, cut into chunks
½ red pepper, sliced
2oz. calamata olives, pitted
5 tsp. fresh parsley, finely chopped
1 can tuna, drained and flaked
5oz. lettuce, any
1 tin anchovy fillets
1 tsp. capers
Pieces of cucumber sliced lengthways for garnish
For dressing
1.5fl oz. olive oil
0.5 fl oz. white vinegar
Salt and pepper

Servings
4
Person
Preparation Time
20
min

Preparation

1. In a bowl combine the green beans, 2 eggs, onion, tomatoes, pepper, olives, parsley, tuna and lettuce
2. Make the dressing by whisking the oil and vinegar until it is fully combined, alternatively use store bought vinaigrette
3. Mix the vinaigrette and salad items so that all the vegetables and tuna are coated
4. Garnish with the anchovies, cucumber and remaining egg
5. Serve as a light lunch in the hot summer months

Cooks Note

Preparation time: 20 minutes; Serves 4; The French say that cooked vegetables have no place in a Niçoise salad hence this recipe does not contain potatoes, however if you wish to use potatoes it is best to boil new potatoes in salted water for approximately 15 minutes and just add them with the other vegetables.