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Nicoise Salad

Ingredients

3 cans tuna chunks in oil or water - drained
1/2kg baby potatoes - cooked
1 large onion - sliced into thin rings
4 large eggs
1/2kg green beans - dunked in boiling water
3 garlic cloves - chopped
2 tbsp caper berries
1/4 cup olive oil
6 anchovy filets
Salad leaves - amount and variety is up to you
Bunch of parsley - chopped
3 lemons - juice and rind
Salt and freshly ground black pepper to taste

Preparation

1. First for the salad dressing - mix together the anchovies, capers, garlic, parsley, lemon juice, lemon rind and olive oil in a bowl.
2. Thereafter, place the salad leaves in a large salad bowl.
3. Now toss on the green beans.
4. Then place the potatoes (halved) on the salad.
5. Throw in the onions.
6. Finally add the tuna (try not breaking the chunks) and eggs on the salad.
7. Pour the salad dressing over.
8. Sprinkle with salt and pepper.
9. Serve cold.

Cooks Note

* You can replace canned tuna with strips of fresh tuna.
* Boil the eggs for 12 minutes - to get the perfect hard boiled egg. Take out and allow to cool down for a few minutes. Then peel the shells off in a bowl of cold water - this is the best way to take the shells off without damaging the eggs in any way.