



Posted on 11 October 2012
by ewfood

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.
