

# NICOISE SALAD

Makes 4 Servings

Per Serving – Calories 430 Protein: 26g, Fat: 23g, Carbs: 26g

## INGREDIENTS

### Ingredients

- 8 new/baby potatoes (sub any potato that you have)
- 120g green beans, trimmed
- 2 tomatoes, *each cut into 8 - 10 wedges*
- 1/2 baby cos lettuce, *cut or torn into large bite size pieces*
- 3 hard-boiled eggs, *peeled and quartered*
- ¾ cup/ 100g black olives
- 250 - 300g canned chunk tuna (or cooked salmon), drained and broken into large chunks

### LEMON NICOISE DRESSING:

- 1 1/2 tbsp lemon juice
- 2 tbsp extra virgin olive oil
- 1 small garlic clove, minced/grated
- 1/4 tsp salt
- 1 tsp Dijon mustard
- Pinch black pepper

## DIRECTIONS

1. Dressing: Shake ingredients in a jar.
2. Cook potatoes: Boil potatoes until tender. Drain and leave to fully cool. Slice into halves.
3. Blanch beans: Boil green beans until tender or done to your liking. Drain and refresh under cold running water to quickly cool. Drain, pat well to dry.
4. ASSEMBLE THE SALAD:
  - a. Arrange the cos leaves on a large, wide plate.

- b. Scatter and layer the remaining ingredients artfully around the plate, finishing with the eggs, olives and chunks of tuna.
- c. Drizzle with dressing over and serve!

#### Alternates

Instead of tuna, anchovies are common and arguably more traditional. Use around a dozen draped over the salad. Any oily fish would work well

Other vegetables sometimes seen in a Nicoise salad: Cucumber, capsicum, artichokes, broad bean, red onion, eschalots, radishes. Soft herbs are also sometimes included such as parsley or basil.