



Salad Niçoise

Ingredients

500g Potatoes New or Fingerling potatoes
300g Fine Green Beans Trimmed (Haricots verts)
6 units Large Eggs Room temperature
400g Tuna in Olive Oil Approx. 2.5 standard tins (drained)
500g Vine Tomatoes Roughly 5-6 medium tomatoes
300g Little Gem Lettuce Approx. 3-4 small heads
100g Niçoise Olives Pitted or unpitted (with warning!)
80g Red Onion 1 small onion, very thinly sliced
30g Capers 2 tablespoons, drained
1 small tin Optional: Anchovies
Optional: Anchovies For the salty "purist" touch

The Vinaigrette

- 120ml Extra Virgin Olive Oil
- 30ml Red wine vinegar (or lemon juice)
- 10g (2 tsp) Dijon mustard
- 2 Garlic cloves (finely minced)
- Large pinch of Sea salt & Black pepper

Nutrition Facts (Per Serving)

Based on 1/6th of the recipe above.

- Calories: 380 kcal
- Protein: 26g
- Total Fat: 22g
- Carbohydrates: 18g
- Fiber: 5g
- Sodium: ~650mg (Highly dependent on olive/anchovy saltiness)



Method

1. The Blanch: Boil the 500g of potatoes in salted water for 12-15 minutes. Add the 300g of green beans for the final 3 minutes. Drain and immediately shock in ice water to keep the beans "snap" fresh.
2. The Eggs: Boil the 6 eggs for 6.5 to 7 minutes for a jammy yolk. Peel and quarter them.
3. The Base: On your largest platter, create a bed with the 300g of lettuce.
4. The Compose: Group the potatoes, beans, and tomato wedges. Flake the 400g of tuna into large chunks in the center.
5. The Finish: Scatter the onions, olives, capers, and anchovies. Whisk the vinaigrette and drizzle over the platter just as you sit down to eat.

A Pro-Tip for 6 People

If you want to be extra authentic, don't peel the potatoes! The skins of new potatoes add an earthy flavor and keep the salad looking rustic and "Cote d'Azur" chic.



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