

Layered Niçoise Salad Jar



Serves: 1 person

User Rating: ★★★★★

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Ingredients

- 4 small salad potatoes, unpeeled
- 1 large egg
- 0.5 cup green beans, topped and tailed
- 1 tb extra virgin olive oil
- 1.5 tsp red wine vinegar (or lemon juice)
- 0.5 tsp Dijon mustard
- 0.25 tsp honey
- 1 x 95g can tuna in spring water, drained
- 3 anchovies (optional)
- 6 pitted black olives
- 8 cherry tomatoes, halved

- 1 cup mixed salad leaves

Method

1. Place the potatoes in a small saucepan and cover in water. Bring to the boil, reduce heat to simmer and cook for about 15mins or until a knife pierces easily. Do not overcook or your potatoes will be soggy. Drain and set aside to cool completely. Cut into thick slices.
2. Hard boil the egg. You can do this in the same pan as the potatoes if you wish – add while the water is simmering and remove with slotted spoon after 8 minutes. Peel and quarter.
3. Place the green beans in a glass bowl, add a splash of water and cook in the microwave for 3 minutes or until al dente. Immediately plunge into a bowl of iced water to stop the cooking process and ensure the beans stay a lovely bright colour. Drain and set aside.
4. In a small bowl whisk together the oil, vinegar, mustard and honey (or shake in a small jar).
5. Now you are ready to assemble your salad jar. Pour the dressing into the bottom. Then layer in this order: the tuna (it is much improved by marinating in the dressing), anchovies, olives, tomatoes, green beans, sliced potatoes, egg quarters and finally the salad leaves. Pop on the lid and make sure it is securely fixed. Keep upright in the fridge and in your bag if taking to work, until ready to serve.
6. When you're ready to eat simply take off the lid, cover with a plate and invert the jar to transfer the contents onto the plate finishing with dressing drizzled over the top.

Notes

Using a jar makes it super easy to enjoy a dressed salad as a packed lunch to take to work without everything going soggy. You put the dressing in the bottom of the jar and layer the ingredients with the more robust at the bottom and delicate leaves at the top. Make sure the jar stays upright and when you're ready to eat simply take off the lid, cover with a plate and lift the jar to transfer the contents onto the plate finishing with dressing drizzled over the top. You can make this the night before and store in the fridge. This is also a great recipe for using up leftover potatoes from dinner the night before. Cooking and cooling potatoes increases the level of resistant starch, a key fibre for fuelling good bacteria in your gut.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre	Vitamin D
465g	2264 541kcal	39g	32g	5g	22g	5g	1565mg	7g	3.5µg

All nutrition values are per serve.