

Niçoise Salad (French Tuna Salad)



Preparation time: 10 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, Lunch Recipes



Ingredients

- 175g (approx 30) cup fresh green beans, trimmed and blanched
- 1 iceberg lettuce, washed and cut into quarters
- 1 punnet cherry tomatoes, cut into half
- 4 eggs, hard boiled, shelled and quartered
- 425g can tuna in spring water, drained
- 350g (approx 10) baby new potatoes, steamed
- 1/2 Spanish onion, thinly sliced
- 1/4 cup small black olives
- Freshly ground black pepper

For the dressing:

- 2 tbspn extra virgin olive oil
- 2 tbspn white wine vinegar or lemon juice
- 1 clove garlic crushed
- 1 tsp Dijon mustard (optional)
- Freshly ground black pepper to taste

Method

1. Arrange drained lettuce on 4 plates.
2. Divide remaining ingredients over each plate.
3. Whisk ingredients together for dressing. Drizzle over each salad and serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
533g	1650kJ 394kcal	37.2g	18.1g	3.8g	16.2g	4.6g	675mg	7.7g

All nutrition values are per serve.