



Niçoise Salad

Serves 4 as side salad
or 2 as a main meal

A traditional French Salad that has become iconic in most Modern French Brasseries – colourful, nutritiously balanced and full of lovely tastes and textures to excite your every mouthful – a true example of French Food being 'JOEI DE VIE' (Joy of Life)!

Equipment

- Apron
- Non Slip Mat
- Chopping Board
- Sharp Knife
- Saucepan x 2
- Hob
- Colander
- Glass bowl
- Griddle or pan
- Tongs
- Can Opener
- Salad Spinner
- Large Bowl
- Small Bowls
- Small Plates
- Vegetable Peelers
- Jam Jars
- Measuring Spoons

Ingredients

- 2 Heads of Baby Gem Lettuce OR a bag of mixed lettuce leaves
- 1 Tin Tuna in Oil OR 200g Fresh Tuna Seared
- 10 Olives
- 4 Hard Boiled Eggs
- 8 Cherry Tomatoes
- 1/3 English cucumber
- 100g Blanched French/Green Beans
- 8 Boiled New Potatoes

For the Dressing:

- 1 tbsp Olive Oil
- 2 tbsp White Wine Vinegar
- 1 tsp Dijon Mustard
- 1tsp Honey
- 1 pinch of Salt
- 1 Pinch of Pepper

Nutrients

Tuna fish have high levels of **omega-3 fatty acids**, which help to reduce omega-6 fatty acids and cholesterol in the arteries and blood vessels which benefit our hearts.

Eggs are a good source of high quality protein and is best eaten whole i.e. yolk and white together as their nutritional elements work best synergistically (together).

Green Beans also known as French Beans, are a good source of fibre and folic acid, amongst other vitamins and minerals

New Potatoes – are best eaten with their skins where the most fibre and minerals are found.

Skills learnt today: You have:
washed vegetables ; peeled ;
boiled ; cut ; blanched ; combined.



Method

1. For the hardboiled eggs – place eggs in a pan of cold water, then place on heat until the water is boiling, then put the timer on for 6 minutes if you like a soft centre and 7 minutes if you want it cooked through. As soon as they are cooked, drain off the hot water, then cool them rapidly under cold running water for about a minute. Then leave them to cool completely in cold water for about 2 minutes. To peel them, crack the shells all over a hard surface and then peel the shell off starting at the wide end. Cut into quarters.
2. Blanch the green beans in a large pot of well-salted boiling water until bright green in colour and tender crisp (roughly 2 minutes). Drain the boiling water then immediately put beans into a bowl of ice water to stop from cooking. Once completely cold, remove from ice water and drain well.
3. If using fresh tuna – marinate in half of the dressing for 2 hours. Then heat up a griddle pan till almost smoking. Remove tuna from the marinade and cook on the griddle for 2-3 minutes on each side depending on how rare you like your tuna. Remove tuna from pan and let rest for 5 minutes before slicing into 1 cm thick slices. If using canned tuna – remove from the can and drain.
4. To cook new potatoes – wash the potatoes thoroughly using a potato brush, then place in a pan of salted water and bring to boil and cook for 15 minutes until potatoes are cooked through. To test, use a fork to pierce the potato and if it goes through easily, it is cooked. Drain potatoes and leave aside to cool. Cut in halves.
5. To prepare the lettuce - If using a head of lettuce - Separate the leaves and wash under running water. Then drain water using a salad spinner. Tear the leaves into smaller pieces, being careful not to bruise the leaves.
6. Partially peel the cucumber by peeling alternative strip off the skin. Then cut in half lengthways and slice across into semi-circles of about 3mm thick.
7. Wash the cherry tomatoes and drain the olives.
8. To make the dressing combine the honey, Dijon mustard, white wine vinegar, salt, pepper, and olive oil in a jar with a lid and shake.
9. Finally place the lettuce on a serving plate, then arrange the olives, cherry tomatoes, cucumbers, hard boiled eggs, green beans and potatoes on top. Add the tuna and drizzle over the dressing. VOILA – Serve!

Based on recipe from: <https://www.floettesalad.co.uk/salad-recipes/quick-tuna-nicoise>

Carbohydrates - Gives us energy	Protein - Builds our bodies	Good Fats in small quantities - Keeps our bodies working	Fibre - Sweeps our tummies
			
<p>Allergens: Fish ; eggs ; mustard ; sulphites Presence of allergens can vary by brand – always check product labels.</p>			