

Salad Niçoise



Recipe By FoodieBook

Ref: 336

Heading: Salads

Cuisine: French

Food Type: Vegetarian

No of Portions: 4

Ingredients & Prep

4 Little gem lettuce washed & dried

4 Eggs free range hard boiled

150 g French beans trimmed

6 Tomatoes de-skinned then cut into quarters

120 g Artichoke hearts from a jar of olive oil drained & chopped

16 g Black olive pitted & cut in half

15 g Fresh flat-leaf parsley chopped

Dressing

50 ml Extra virgin olive oil

1 tbsp Red wine vinegar

1 tsp Dijon mustard

1 Garlic clove finely grated

2 tsp Water

1/2 tsp Salt

1/2 tsp Black pepper freshly ground

Method

Step 1 - Cook eggs from cold for 10 mins when boiling, the quench in cold water & peel of shell, set aside to cool then cut in half.

Step 2 - Cook French beans in salted water for no more than 2 mins, drain & set aside to cool.

Step 3 - To remove the tomato skins, cut the base (not stalk end) with a cross using a sharp knife, place in a bowl & pour boiling water from the kettle over & cover for 20 seconds, then quench tom in cold water, if you place a knife under the skin on the cut end then peel back skin. once all done cut in quarters & set aside.

Step 4 - In a serving bowl place lettuce, French beans, tomato quarters, artichoke, olives & parsley & toss together.

Step 5 - Make the dressing by putting all ingredients into a clean jam jar & giving it a good shake, or blend with a stick/hand blender, before dressing the salad with place halves on top.

Suggestion & Tips

Excellent with crusty bread or French fries.