



Salade Nicoise

A Nicoise salad can contain almost any seasonal ingredient, including tuna, potatoes, cucumber, capers, artichokes, broad beans & the ingredients below. Choose ingredients depending on their freshness and colour. You want a good mixture.

Serves 2

- 2 eggs
- 50g green beans
- 1 small green pepper
- 3 medium on the vine tomatoes
- 1 spring onion
- 2 radishes
- 2 – 4 anchovies
- A few basil leaves
- Handful of black olives
- 1 clove garlic
- Drizzle of olive oil



1. Steam the green beans for a few minutes until tender. Remove from the heat and refresh under cold running water. Drain & set aside.
2. Hard boil the eggs, then peel and quarter.
3. De-seed and slice the pepper into 5mm strips.
4. Quarter the tomatoes, remove any fibrous cores.
5. Thinly slice the spring onion
6. Slice the radishes
7. To make up the salad, use a flat plate, halve the garlic lengthways and rub the cut side over the surface of the plate. Layer up the green beans, tomato wedges & green pepper slices. Top with the egg quarters, a sprinkle of spring onion, a few olives and tear over the anchovies and basil leaves. Finish with a drizzle of olive oil.