



# Salad Niçoise



**Servings:** 4  
**Total Time:** 30 mins  
**Cooking Time:** 10 mins



## METHOD

### For the Salad

Boil the eggs in water for 10 mins. Allow to cool & slice each into 4 wedges.

Prepare the following into a salad bowl:

Tear up the lettuce.

Top, tail & slice the spring onions lengthwise diagonally in half.

Top, tail & de-seed the green & red peppers & slice diagonally into thin strips.

If used, top, tail & slice the radishes into 4.

Top, tail & slice each tomato into 6 wedges.

Peel the avocado pear and discard the pip. Slice into thin wedges and cover with the lemon juice (prevents it browning).

Squeeze out the pips from the olives.

Drain the tuna chunks.

Toss the salad to distribute evenly & add the wedges of egg.

### For the Niçoise Salad Dressing

Place all the ingredients in a jar & shake well. Just before serving, shake again & drizzle over the salad.

## INGREDIENTS

### For the Salad

- 2 large eggs
- 80g butter or crisp lettuce
- 80g spring onions
- 1 green pepper
- 1 red pepper (or 6 radishes)
- 4 ripe Italian tomatoes
- 1 avocado pear
- 1 tsp lemon juice
- 2 x 170g tins tuna chunks in oil
- 100g black Calamata olives



### For the Niçoise Salad Dressing

- 125ml extra virgin olive oil
- 60ml light olive oil
- 60ml red wine vinegar
- 1 tsp finely chopped garlic
- freshly ground salt & pepper, to taste

