



Salad Niçoise

15'
Hands on

4-6
Portion(s)

1
Difficulty



Method

- In a bowl add the lettuce and the potatoes cut into pieces. Add the green beans, the eggs cut in half, the cherry tomatoes, the peppers cut into strips, the anchovies, the tuna in pieces, pickled cucumber, the capers, and the green part of the spring onions finely chopped.

For the dressing

- In a [mortar and pestle](#) add the garlic finely chopped, the chili flakes, salt, pepper, the anchovies, the olive oil, and grind them well until they melt.
- In a bowl add the mayonnaise, the mustard, the ingredients from the mortar and pestle, and mix.

To assemble

- Spread the dressing over the salad, add the olive oil, salt, pepper, the parsley finely chopped, and serve.

Tip

Ingredients

For the salad

- 1 lettuce
- 2 potatoes, boiled
- 100 g green beans, boiled
- 4 eggs, boiled
- 100 g cherry tomatoes
- 2 Florina peppers (red peppers)
- 12 salt-cured anchovies
- 50 g [pickled cucumber](#)
- 320 g tuna, in oil
- 2 tablespoon(s) capers
- 2 spring onions

For the dressing

- 1 clove(s) of garlic
- 1 pinch chili flakes
- salt
- pepper
- 3 salt-cured anchovies
- 3 tablespoon(s) olive oil
- 2 tablespoon(s) [homemade mayonnaise](#)
- 1 teaspoon(s) mustard, dijon

To serve

- 4 tablespoon(s) olive oil
- salt
- pepper
- 2 tablespoon(s) parsley

Διατροφικός πίνακας

Nutrition information per portion

377 Calories (kcal)	9.9 Total Fat (g)	1.1 Saturated Fat (g)	39.0 Total Carbs (g)
19%	14%	6%	15%
16.0 Sugars (g)	25.0 Protein (g)	14.0 Fibre (g)	1.7 Sodium (g)
18%	50%	56%	28%