



Salad Nicoise - Serves 4

Ingredients:

- Large can tuna in water or brine, drained
- 12 cooked new potatoes, quartered
- 100g lightly cooked green beans, cut into 2cm pieces
- 1 large red onion, peeled and chopped
- 12 black olives (optional)
- 120 ml olive oil
- 55ml balsamic vinegar
- 1 tsp mustard powder or Dijon mustard
- Pepper to taste
- 4 hardboiled eggs, quartered to garnish
- 4 tomatoes, cut into wedges

Method:

1. Flake the tuna on a plate with a fork to separate the pieces.
2. Combine the tuna, potatoes, green beans, onion, and olives in a large mixing bowl.
3. Put the olive oil, vinegar, mustard, salt and pepper in a bowl and mix well.
4. Pour over the tuna mixture and stir well.
5. Cover with cling film and refrigerate for at least 2 hours (optional).
6. Serve on a bed of lettuce and garnish with the egg and tomato pieces.

Alternative:

- For a more substantial salad, add a tin of red kidney beans or cannellini beans, drained. Add at point 2 in the recipe.

Did you know ?

Tuna is the most popular tinned fish in the UK and keeps a high vitamin content when tinned, however, fresh tuna is a richer source of omega-3 fatty acids.

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