



Salade Nicoise

Serves: 24 – 30 tastes

Source: Adapted from La Cuisine, Françoise Bernard



Ingredients

500g new potatoes, diced
1 handful of green beans, cut into 1/4
3 eggs, hard boiled, peeled and sliced
1 Lebanese cucumber, thinly sliced
1 spring onion, thinly sliced
1 baby cos lettuce, washed, spun dry and roughly torn
½ punnet of cherry tomatoes, cut into 1/4s
½ cup black olives, pitted and sliced in 1/2

Dressing

3 tablespoons white wine vinegar
6 tablespoons olive oil
1 large teaspoon Dijon mustard
Salt and pepper to taste

Equipment

Chopping boards
Slotted spoon
Knives
Salad spinner
Peeler
Large and small mixing bowls
Whisk
Saucepan with steamer basket
Saucepan (small)
Colander

What to do:

- Boil the eggs. Place the eggs in a saucepan of cold water, bring the pan to the boil – once the water is boiling, cook the eggs for 8 minutes. Remove the eggs with a slotted spoon, place them in a dish of cold water to cool – set aside
- Wash and cut the potatoes into 1/4s – place them in the steamer basket and cook for 8-10 minutes – or until just tender
- While your potatoes are cooking wash and spin dry the lettuce tear it into bite size pieces and place into a bowl
- Prepare the beans
- Slice the cucumber, ¼ the tomatoes, slice the spring onions – combine them in a bowl
- For the dressing, whisk together the vinegar, oil, mustard and salt & pepper in a bowl
- Prepare the olives, using the flat side of a large knife, press down on each olive to extract the pip, then slice them – set aside
- Remove the potatoes once cooked, place them in a bowl of cold water to arrest the cooking process
- Cook the beans in the steamer basket for 2 minutes, once they are cooked (they should still be crunchy) place them in a bowl of cold water to arrest the cooking process
- Now it is time to plate up your salad – in each serving bowl place the lettuce at the bottom, top with cooled potatoes, beans, cucumber, tomato and spring onion
- Drizzle over the dressing
- Top each salad with sliced egg and black olives – serve

(If broad beans are in season add blanched, double podded beans to the salad)