



Now you can make your own Tuna Nicoise Salad



TUNA NICOISE SALAD

Summer salad for two

4 eggsized new potatoes - boiled, peeled and sliced as thick as pound coins

170g fresh green beans - steamed or boiled for 4 minutes

A large cos lettuce

A handful of baby plum tomatoes

200g of line-caught tinned tuna

(Or fresh, grilled tuna if you can get it.)

2 hard-boiled free range eggs, quartered

4 anchovy fillets - halved lengthways

(We prefer the intense saltiness of tinned anchovies.)

2 handfuls of black olives

(Greek Kalamarta olives, with the stones torn out, are delicious.)

A small handful of flat parsley leaves - chopped roughly

A dessert spoon of capers

For the dressing:

A small garlic clove, finely chopped

A few fresh thyme leaves, finely chopped

A small bunch of chervil, freshly chopped, stalks removed

1/2 a teaspoon of creamy Dijon mustard

Three tablespoons of extra-virgin olive oil

A tablespoon of red wine vinegar

A squeeze of fresh lemon juice

Sea salt and coarse-ground black pepper

MAKING THE SALAD

1. Put all the dressing ingredients into a bowl and whisk well with a fork.
2. Tear the lettuce into large bite-sized pieces and put it into your salad bowl with the beans and potatoes. Pour half of the dressing over the top and mix everything together. (Do this by hand - it stops the potatoes going mushy.)
3. Arrange the tomatoes, egg, tuna, olives and anchovies on top of the lettuce mix.
4. Add the rest of the dressing, the parsley and the seasoning.
5. Sprinkle with capers.



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