



FRANCE

LUNCH

PRINTABLE RECIPE PDF

French Pan Bagnat

Pan Bagnat is a traditional sandwich from the South of France, particularly Nice. It embodies the flavors of the Mediterranean, reflecting the region's love for

PREP

15 min

COOK

30 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 4 pieces ciabatta or country bread - preferably day-old for better texture
- 200 g canned tuna - packed in olive oil, drained
- 100 g niçoise olives - pitted and roughly chopped
- 2 tablespoons capers - rinsed and drained
- 2 medium tomatoes - sliced
- 1 small red onion - thinly sliced
- 1 cup mixed salad greens - such as arugula and lettuce
- 4 tablespoons extra virgin olive oil - for drizzling
- 1 tablespoon red wine vinegar - optional
- salt to taste
- black pepper to taste

WHY THIS WORKS

About this recipe

A printable French Pan Bagnat recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Pan Bagnat is a traditional sandwich from the South of France, particularly Nice. It embodies the flavors of the Mediterranean, reflecting the region's love for fresh ingredients, and is often enjoyed as a picnic staple along the Côte

ORIGIN & TRADITION

Mediterranean context

Pan Bagnat is a traditional sandwich from the South of France, particularly Nice. It embodies the flavors of the Mediterranean, reflecting the region's love for fresh ingredients, and is often enjoyed as a picnic staple along the Côte d'Azur.

METHOD

Step-by-step instructions

1

Slice the ciabatta or country bread in half horizontally and lightly toast the insides if desired.

2

In a bowl, combine the drained tuna, olives, capers, red onion, and a splash of olive oil. Mix gently to combine without mashing the tuna.

3

Layer the salad greens and tomato slices onto the bottom half of the bread. Add the tuna mixture on top, then drizzle with additional olive oil and vinegar if using.

4

Season with salt and black pepper to taste, then close the sandwich with the top half of the bread.

5

Wrap the sandwich in parchment paper and let it sit for at least 30 minutes to allow the flavors to meld before serving.

CHEF'S TIP

Pressing the sandwich slightly during the resting period enhances the flavor and helps all ingredients meld together beautifully.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	20 g
Protein	25 g	Fiber	5 g
Carbohydrates	50 g	Sodium	800 mg

SERVING SUGGESTION

Serve the Pan Bagnat chilled or at room temperature, accompanied by a crisp green salad and a glass of rosé wine for a true taste of Provence.

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