



FRANCE

LUNCH

[PRINTABLE RECIPE PDF](#)

French Salade Niçoise

Salade Niçoise originates from Nice, France, and reflects the region's Mediterranean influence. Traditionally, it is a simple yet vibrant dish made with

PREP

15 min

COOK

10 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- **2 medium** potatoes - waxy potatoes such as Charlotte or new potatoes
- **100 g** green beans - trimmed and cut into 2-inch pieces
- **2 large** eggs - hard-boiled
- **200 g** tuna - canned in olive oil, drained
- **10 pieces** black olives - preferably Niçoise or Kalamata
- **1 medium** tomato - ripe and diced
- **1 small** cucumber - peeled and diced
- **1 tbsp** capers - rinsed
- **1 tbsp** fresh basil - torn into small pieces
- **2 tbsp** extra virgin olive oil - for dressing
- **1 tbsp** red wine vinegar - for dressing
- **to taste g** salt - for seasoning

WHY THIS WORKS

About this recipe

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

MEDITERRANEAN NOTE

Salade Niçoise originates from Nice, France, and reflects the region's Mediterranean influence. Traditionally, it is a simple yet vibrant dish made with fresh, local ingredients, embodying the philosophy of 'cooking with the seasons.' It

SHOPPING LIST

Ingredients continued

- to taste g black pepper - for seasoning

ORIGIN & TRADITION

Mediterranean context

Salade Niçoise originates from Nice, France, and reflects the region's Mediterranean influence. Traditionally, it is a simple yet vibrant dish made with fresh, local ingredients, embodying the philosophy of 'cooking with the seasons.' It is often enjoyed as a light lunch or a starter in the summer months.

METHOD

Step-by-step instructions

1

Bring a pot of salted water to a boil. Add the potatoes and cook for about 10 minutes or until tender. Add the green beans during the last 3 minutes of cooking. Drain and let cool.

2

While the potatoes and green beans are cooking, hard-boil the eggs by placing them in cold water, bringing to a boil, then simmering for 9-10 minutes. Cool in cold water, peel, and quarter them.

3

In a serving bowl, combine the diced tomato, cucumber, olives, capers, and drained tuna. Add the cooled potatoes and green beans.

4

Drizzle the olive oil and red wine vinegar over the salad, and season with salt and pepper. Gently toss to combine all ingredients.

5

Top the salad with the quartered hard-boiled eggs and scatter the fresh basil over the top before serving.

CHEF'S TIP

For the best flavor, use high-quality olive oil and fresh ingredients, as they make all the difference in this simple salad.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	24 g
Protein	32 g	Fiber	6 g
Carbohydrates	30 g	Sodium	500 mg

SERVING SUGGESTION

Traditionally served chilled or at room temperature, enjoy with a crusty baguette and a glass of rosé wine.

PRINTABLE MEDITERRANEAN RECIPE PDFmedtableai.com