

Fennel salad niçoise

with lemon, red onion and caper dressing



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Preparation: about 20 minutes
(+ standing time)

Cooking: about 20 minutes

Serves: 4



1 baby fennel bulb, trimmed,
halved lengthways and finely
sliced

250g mini Roma or tear-drop
tomatoes, halved

1 tbs extra virgin olive oil
salt and ground black pepper
400g small Kipfler potatoes,
peeled

200g small green beans, trimmed
½ cup flat-leaf parsley, roughly
chopped

100g small black olives
425g can tuna in oil, drained and
roughly flaked
crusty bread, to serve

Lemon, red onion & caper dressing

1 tbs extra virgin olive oil
1 small red onion, cut into thin
wedges

2 garlic cloves, finely chopped

2 tbs capers, drained and roughly
chopped

2 tbs lemon juice

1. Combine fennel and tomatoes and 1 tbs oil in a large bowl. Season with salt and pepper to taste. Set aside for 20 minutes.
2. Meanwhile, place potatoes in a medium saucepan of water. Bring to the boil and cook for 12-15 minutes or until tender. Add beans in the last 2 minutes of cooking. Drain and refresh vegetables in cold water. Set potatoes and beans aside to cool to room temperature. Wipe saucepan dry.
3. Thickly slice potatoes. Add potatoes, beans, parsley and olives to fennel mixture.
4. To make dressing, heat 1 tbs oil in the saucepan until hot. Add onion and cook, stirring often, for 2 minutes. Add garlic and capers and cook for 1 minute. Remove from heat and add lemon juice.
5. Add hot dressing and tuna to fennel mixture. Season with salt and pepper to taste. Gently toss to combine. Serve with crusty bread.