

## CHOPPED NICOISE SALAD



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Preparation 20 mins | Cooking 25 mins | Serves 4-6

- 3 free-range eggs, at room temperature
- 175g green beans, trimmed
- 400g baby new potatoes
- 2 Lebanese cucumbers, chopped
- 2 green onions (shallots), chopped
- 250g mini roma tomatoes, halved lengthways
- 400g can tuna in oil, drained and roughly flaked
- ¼ cup pitted Kalamata olives, chopped
- 2 tbs extra virgin olive oil
- 1 tbs lemon juice

**STEP 1** Place eggs into large saucepan of water and bring to the boil over medium high heat. Reduce heat and gently boil eggs for 5 minutes. Remove with a slotted spoon, refresh in cold water and peel.

**STEP 2** Bring water in the pan back to the boil over high heat. Plunge beans into the pan, cook for 2 minutes until vibrant and just crisp. Remove beans with a slotted spoon, refresh in cold water and pat dry. Add potatoes to the pan and gently boil for 12-15 minutes until just tender. Drain and refresh in cold water. Set aside to dry.

**STEP 3** Place cucumbers, green onions, tomatoes, tuna and olives into a large bowl. Chop potatoes, beans and eggs and add to cucumber mixture. Drizzle with oil and lemon juice. Season with salt and pepper to taste. Gently toss to combine. Spoon into bowls and serve.

### Good for you... **GREEN BEANS**

*Provides iron, which is especially useful when choosing a vegetarian diet. Iron is needed for making red blood cells. The vitamin C in beans also helps the absorption of iron. Beans are also a good source of folate, one of the B vitamins that is important for growth and development in children and for normal blood formation at all ages.*

