

Salad Niçoise



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Preparation 20 mins | Cooking 20 mins | Serves 4

This simple salad is perfect for a quick weeknight dinner.

300g green beans, trimmed
600g small new potatoes
6 ripe tomatoes, cut into wedges
425g can tuna in oil, drained and roughly flaked
4 hard-boiled eggs, peeled and halved lengthways
½ cup Kalamata olives
Mustard cress or micro-herbs, to serve (optional)

Red wine dressing

¼ cup extra virgin olive oil
1 tbs red wine vinegar
½ tsp caster sugar

STEP 1 Bring a large saucepan of water to the boil over high heat. Add beans and cook for 2 minutes until just crisp and vibrant. Remove beans with a slotted spoon, refresh in cold water and pat dry. Set beans aside. Add potatoes to pan and bring the water back to the boil. Gently boil potatoes for 10-15 minutes (depending on size) until just tender. Drain and refresh in cold water until cold. Set aside in a colander to dry then halve potatoes.

STEP 2 To make dressing, combine all ingredients in a screw-top jar. Season with salt and pepper to taste. Shake until well combined.

STEP 3 Arrange beans, potatoes, tomatoes, tuna, eggs and olives in serving bowls. Drizzle with dressing, sprinkle with mustard cress or micro-herbs if using and serve.

Good for you... TOMATOES

Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.

