FRENCH · LUNCH · DINNER

Authentic Salade Niçoise

25 min · Serves 4 · 423 kcal a serve · Video 4:32 · French Cooking Academy

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

Mostly raw vegetables with tuna, eggs and anchovies: a serve gives about 6 g of fibre, plenty of vitamin C from the raw capsicum and tomato, and protein from three sources, with olive oil and olives as the fats.

Diet notes: Keto (9.9 g net carbs a serve).

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Ingredients 16 · SERVES 4

- [ ] 2 **eggs**, hard-boiled and quartered
- [ ] 1 **capsicum**, diced
- [ ] 6 **butter lettuce leaves**
- [ ] 3 **tomatoes**, sliced
- [ ] ½ cup diced **cucumber**
- [ ] 1 small can **tuna chunks** in olive oil, drained
- [ ] a handful of **black olives**
- [ ] 8 **anchovy fillets**
- [ ] 3 **spring onions**, sliced
- [ ] a handful of **broad beans**, if in season (optional)
- [ ] 1 small jar **marinated artichoke hearts**, drained
- [ ] ½ cup **olive oil**, to dress
- [ ] a squeeze of **lemon juice** (optional)
- [ ] a few **fresh basil leaves**, to decorate
- [ ] **salt** to taste
- [ ] **ground black pepper** to taste

Contains: Fish, Egg. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Hard-boil the eggs, cool them in cold water, then peel and quarter. This is the only cooked part: the Nice original has no potatoes or green beans.
2. Line a wide dish with the lettuce leaves around the edge, then lay the sliced tomatoes over the base. 1:42
3. Pile the diced cucumber in the middle, then scatter over the capsicum and the artichoke hearts here and there. 2:07
4. Add chunks of tuna, the egg quarters, a handful of black olives and the anchovy fillets, then finish with the sliced spring onions and broad beans if using. 2:34
5. Season with salt and black pepper, drizzle with olive oil and a squeeze of lemon, and decorate with basil leaves. Serve straight away. 3:22

> **Tip** The half cup of oil is generous; 3–4 tbsp dresses it well if you want it lighter. Swap the anchovies for extra tuna if you prefer. Add boiled new potatoes for a heartier meal.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
423 kcal	**17** g	**16** g	**5.7** g	**34** g	**840** mg
1,770 kJ	33% of a day	9.9 g net · 5.7 g sugars 6% of a day	20% of a day	5.2 g saturated 43% of a day	37% of a day

Energy from net carbs 10% · protein 16% · fat 74% — fits keto: 9.9 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Vitamin K 77% · Vitamin C 76% · Selenium 61% · Vitamin E 41% · Vitamin B12 39% · Folate 31% · Vitamin A 26% · Omega-3 26%

Source of (10–19%) Vitamin B6 19% · Iron 15% · Potassium 14% · Magnesium 14% · Zinc 12% · Vitamin D 12%

Recipe and video: French Cooking Academy (@FrenchCookingAcademy) on YouTube — youtube.com/watch?v=rf4Te0TH0ck, published 26 March 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/authentic-salade-nicoise