



Nicoise Salad

Season: Spring/Summer

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broad beans, cherry tomatoes, cucumber, edible flowers such as borage or nasturtiums, eggs, green beans, lettuce, potatoes, salad greens, spring onions, soft-leaved herbs, tomatoes

Nicoise salad is a French classic and combines some of the best produce that we can grow in our gardens. Feel free to mix it up and choose whatever it is that you have on hand seasonally to make this deliciously irresistible lunchtime salad. This salad is best served in a shallow dish or platter.

EQUIPMENT:

metric measuring cup and spoons
clean tea towel
cook's knife
chopping board
salad spinner
2 medium saucepans
metal skewer
colander
can opener
small bowl
large bowl
serving spoons
2 serving platters

INGREDIENTS:

6–8 small to medium potatoes, peeled
6 eggs, hard boiled
300 g green beans, tailed
800 g broad beans, podded and skins removed
(for about 150 g podded beans)
1 x 425 g tin of tuna
2 large handfuls of salad greens, washed and spun dry
4 ripe tomatoes, chopped into large cubes
1 handful of cherry tomatoes
2 cucumbers, sliced
1 cup kalamata olives, pitted
1 handful of soft-leaved herbs, roughly chopped
edible flowers, such as borage or nasturtiums

For the dressing:

3 tbsp olive oil
3 tsp apple cider vinegar
¼ tsp sea salt
¼ tsp cracked pepper

WHAT TO DO:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put 2 saucepans of water on to boil.
3. Add potatoes to one saucepan.
4. Put the eggs into the boiling water in the other saucepan, and cook for 5 minutes. Run eggs under cold water and then peel. Once they have cooled, chop into quarters.
5. Check potatoes after 10 minutes with a skewer to make sure they are cooked. The skewer should slide through easily but the potato should retain some firmness. Drain, and when they have cooled, cut into thick slices and reserve.
6. Add beans and broad beans to boiling water and blanch for about 1–2 minutes, then strain and refresh under cold water.



7. Open the tin of tuna, drain and reserve.
8. Mix the olive oil, vinegar, salt and pepper in the small bowl, to make a dressing.
9. Use your hands to gently combine the salad greens, tomatoes, cherry tomatoes, cucumber, green beans, half the olives and soft-leaved herbs in the large bowl.
10. Add potatoes, tuna, anchovies and dressing and combine again.
11. Arrange the salad on two platters.
12. Garnish with remaining olives, broad beans, chopped eggs and edible flowers, and serve.

