RECIPE

Tuna and Egg Niçoise Lunch Salad

A composed lunch plate of water-packed tuna, boiled eggs, potatoes, green beans and tomato under a measured olive oil, lemon and Dijon dressing, about 355 mg of sodium a serving.

MAKES

4 servings US Metric

TOTAL

35 min

Ingredients

- [ ] 3 small red potatoes (about 18 oz / 510 g), scrubbed and quartered
- [ ] 8 oz fresh green beans, trimmed
- [ ] 3 large eggs
- [ ] 2 cans (5 oz each) no-salt-added light tuna in water, drained (about 8 oz / 227 g)
- [ ] 3 medium tomatoes, cut in wedges
- [ ] 4 cups shredded Bibb lettuce
- [ ] ½ cup sliced radishes
- [ ] 8 large canned ripe black olives, halved
- [ ] ¼ cup chopped fresh parsley
- [ ] 3 tbsp olive oil, for the dressing
- [ ] 2 tbsp lemon juice
- [ ] 2 tsp Dijon mustard
- [ ] ½ tsp garlic powder

Method

1. Put the potatoes and eggs in a large pot and cover them with cold water by about an inch. Do not salt the water. Bring to a boil over high heat, then lower the heat to keep a steady boil.
2. Boil 13 minutes from the first full boil. Water boils at about 203 °F here, so this is a quarter longer than a sea-level cook would give it. Drop the green beans in for the last 3 minutes.
3. Test a potato with a fork; it should slide in easily. If it does not, boil 3 minutes more. Drain everything and run cold water over it for about 2 minutes, until you can hold an egg.
4. Peel the eggs under the cold water and cut each into quarters. The yolks should be set all the way through. Pat the beans dry.

- [ ] ¼ tsp salt
- [ ] ¼ tsp black pepper
- [ ] Water, for boiling the potatoes, eggs and beans (unsalted, drained off)

5. Whisk the olive oil, lemon juice, Dijon, garlic powder, salt and pepper in a small bowl for 30 seconds, until thick and glossy.

6. Toss the potatoes with about 2 tablespoons of the dressing while they are still slightly warm, so they take it up.

7. Spread the lettuce on a platter. Arrange rows on top: potatoes, beans, tomato wedges, radishes, big chunks of tuna, olives and egg quarters. Spoon the rest of the dressing over everything and scatter the parsley.

8. Serve right away, eating the vegetables first. Leftovers go into the refrigerator within 2 hours (1 hour above 90 °F); keep the dressing separate until serving.