FRENCH · LUNCH · DINNER

Authentic Salade Niçoise

25 min · Serves 4 · 410 kcal a serve · Video 4:32 · French Cooking Academy

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

Mostly raw vegetables with tuna, eggs and anchovies: a serve gives about 5 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 (8 g net carbs a serve); Paleo with a swap: leave out the broad beans.

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Ingredients 16 · SERVES 4

- [ ] 2 **eggs**, hard-boiled and quartered
- [ ] 1 **capsicum**, diced
- [ ] 6 **butter lettuce leaves**
- [ ] 3 **tomatoes**, sliced
- [ ] 65 g 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
- [ ] 120 ml **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

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Egg. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

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
410 kcal 1,720 kJ	**16 g** 32% of a day	**13 g** 8 g net · 5.8 g sugars 5% of a day

FIBRE	FAT	SODIUM
4.7 g 17% of a day	**34 g** 5.2 g saturated 43% of a day	**940 mg** 41% of a day

Energy from net carbs 8% · protein 16% · fat 76% — fits keto: 8 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Vitamin C 78% · Vitamin K 72% · Selenium 60% · Vitamin E 43% · Vitamin B12 39% · Folate 28% · Vitamin A 26% · Omega-3 25%

Source of (10–19%) Vitamin B6 18% · Iron 14% · Potassium 13% · Magnesium 12% · 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 unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values and the Norwegian Food Composition Table (Matvaretabellen, values from ANSES-CIQUAL); % 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