

Niçoise Salad with King Salmon



A Niçoise salad is the perfect entertaining dish for a long weekend or festive lunch! Mix it up with king salmon rather than tuna, and serve with some of our other healthy entertaining dishes.

Ingredients

500g cooked king salmon fillet

200g green beans

1 bunch asparagus

200g Low Carb potatoes

1 punnet mix colour cherry tomatoes

2 large ripe tomatoes

1 head of butter lettuce

4 large eggs

1 bunch of chopped chives

½ cup roughly chopped parsley leaves

1 tsp salt

½ tsp pepper

2 tbsp extra virgin olive oil (for the dressing)
1 tbsp Dijon mustard (for the dressing)
1 tbsp red wine vinegar (for the dressing)
1 shallot, finely chopped (for the dressing)
2 anchovy fillets, minced (for the dressing)
½ cup Niçoise or black olives (for the dressing)
Pinch of sugar (for the dressing)

Method:

1. Preheat oven to 190C. In a baking tray, bake the salmon until just cooked through, approx 10-15 mins.
2. Scrub the potatoes and remove the string from the green beans. Remove the rough ends of the asparagus.
3. In a large pot of salted water, blanch the green beans and asparagus for 2 mins and refresh them in ice water. Then drain.
4. Bring the water back to a boil and cook the potato until they are tender. Drain and set aside to cool. Then cut in halves.
5. Boil the eggs for 5-6 mins. Remove the eggs and place them in ice water to cool, then peel.
6. Cut the small tomatoes in half and large tomatoes in slices, toss them with salt and pepper, leave them in the mixing bowl.
7. Whisk the dressing ingredients together and add the olives to it, then with a fork, slightly crush the olive in the dressing.
8. Cut or flake the salmon into large chunks, then gently coat all the ingredients except the eggs with some of the dressing.
9. Cut the eggs in half or bite-size chunks and place them on top of the salad.
10. Drizzle with the remaining dressing, and add a pinch of salt and pepper to taste.