



Salade Nicoise

This is my version of a famous salad that originated in Nice, a French town on the Riviera near the Italian border. More than a salad, it is a light meal full of flavour and texture.

- 2 medium potatoes
- 2 eggs
- 200g young French beans
- 2 tsp *Cobram Estate red wine vinegar*
- 1 tsp Dijon mustard (optional)
- salt and freshly ground black pepper
- 3 tbsp *Cobram Estate Fresh and Fruity extra virgin olive oil*
- 6-12 butter lettuce leaves, from the heart
- 2 tomatoes, sliced or cut into sixths
- 3 canned artichoke hearts, quartered
- 1 small brown or red onion, peeled and thinly sliced
- 1 x 200 g can tuna in oil
- 24 black olives, pitted
- 6 anchovy fillets, cut in half lengthwise

Wash the potatoes and place in a saucepan. Cover with cold water, add a little salt and bring to the boil. Cook for about 25 minutes until the potatoes are soft. Remove from the pan and allow to cool in cold water. Peel and slice.

Place the eggs in a saucepan, cover with cold water and bring to the boil. Cover the pan, switch off the heat and leave the eggs for 14 minutes. Remove the eggs from the pan and place in a bowl of cold water to cool. Peel and slice.

Top and tail the beans and add to a medium saucepan of boiling water. Cook for 4–8 minutes until the beans are tender. Drain and place beans in a bowl of icy water to cool. Drain again.

Thoroughly combine the *Cobram Estate red wine vinegar*, mustard and a little salt and pepper. Mix in the *Cobram Estate Fresh & Fruity extra virgin olive oil*.

Line a salad bowl with the washed lettuce leaves. Add the tomatoes, artichokes, onions, potatoes and beans. Pour over the dressing and top with the eggs, tuna, olives and anchovies.

Enjoy your Meal