

Nicoise Salad: A French Classic in Your Kitchen

Classic French Salade Niçoise with fresh tuna, vegetables, and tangy vinaigrette. Authentic Mediterranean flavors from Nice in this healthy, elegant salad.

25 min

PREP

25 min

COOK

50 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

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Ingredients

- 1 cup olive oil
- 1 tsp rosemary
- 3 clove garlic
- 1 cup red wine vinegar
- 1 cup red onion
- 2 cup green bean
- 1 lettuce
- 2 tomato
- 2 tbsp parsley
- 3 lb tuna fish
- 1 tsp salt
- 1 tsp black pepper
- 2 egg

Instructions

- 1 Prepare the potatoes**

Fill a large pot with salted water and bring to a boil over high heat. Add 3 pounds of small potatoes and cook for 15-20 minutes until fork-tender. Drain and let cool completely, then slice into 1/4-inch rounds.
- 2 Cook the green beans**

Bring a large pot of salted water to a rolling boil. Add 1 cup of green beans and cook for 3-4 minutes until bright green and tender-crisp. Immediately transfer to a bowl of ice water to stop cooking and preserve color.
- 3 Hard-boil the eggs**

Place 2 eggs in a saucepan and cover with cold water by 1 inch. Bring to a boil over medium-high heat, then immediately remove from heat, cover, and let stand for 12 minutes. Transfer to ice water and let cool completely before peeling and cutting into quarters.
- 4 Make the vinaigrette**

Mince 3 cloves of garlic finely. In a small bowl, whisk together 2 tablespoons of olive oil, the minced garlic, 1 teaspoon of Dijon mustard, 1 teaspoon of salt, and freshly ground black pepper until well combined.

5 Prepare the vegetables

Wash and thoroughly dry 2 cups of mixed lettuce leaves. Cut 1 large tomato into 8 wedges. Drain the green beans from the ice water and pat dry.

6 Prepare the tuna

Open 1 can of tuna and drain thoroughly. Gently flake the tuna into bite-sized pieces, being careful not to mash it.

7 Assemble the salad base

Arrange the lettuce leaves on a large serving platter or individual plates. Drizzle lightly with half of the vinaigrette and toss gently to coat.

8 Compose the salad

Arrange the sliced potatoes, green beans, egg quarters, tomato wedges, and flaked tuna in separate sections over the lettuce, creating distinct groups of each ingredient. Drizzle the remaining vinaigrette over all components and serve immediately.

Tips

Use the freshest, highest-quality ingredients possible since this salad relies on pure flavors rather than complex cooking techniques.

Cook green beans until just tender-crisp by blanching in boiling salted water for 3-4 minutes, then immediately plunging into ice water to stop cooking and preserve their bright color.

When hard-boiling eggs, start with room temperature eggs in cold water, bring to a boil, then remove from heat and let stand 12 minutes before cooling in ice water to prevent gray rings around yolks.

Let tomatoes come to room temperature before serving - cold tomatoes have muted flavors that won't complement the other ingredients properly.

Make the vinaigrette at least 30 minutes ahead to allow flavors to meld, and whisk again just before drizzling over the salad.

If using fresh tuna, don't overcook it - aim for a nice sear on the outside while keeping the center pink and tender.

Arrange ingredients in separate sections on the platter rather than mixing everything together - this maintains the traditional composed salad presentation.

Taste and adjust seasoning just before serving, as the salt from olives and capers may be sufficient without adding extra salt to the dressing.