

SALAD NICOISE



An impressive salad which is healthy and tasty. Delicious as a light lunch or for a starter and perfect for packed lunches. Pack the dressing separately so it doesn't make the salad too soggy.



Recipe & image supplied by the British Egg Information Service:
www.eggrecipes.co.uk

Skills Check (as appropriate for each Key

Stage) Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; use weighing scales; chop using bridge/claw technique safely; use a box grater safely; use a garlic crusher; use the hob (with adult supervision); use a colander; garnish and decorate.

Allergens*

Fish | Eggs | Milk | May contain mustard

Equipment: Knife, chopping board, weighing scales, measuring spoons, kettle, large saucepan, medium saucepan, colander, serving dish, small bowl, metal spoon.

Ingredients (serves 4):

- 450g small new potatoes, scrubbed
- 4 medium British Lion Eggs
- 150g fine green beans, trimmed
- 200g can tuna steak, drained
- 4 tomatoes, quartered
- 50g black olives
- 2 little gem lettuces, separated into leaves
- Parmesan cheese shavings
- 4 tbsp reduced fat mayonnaise
- 1 tbsp freshly grated Parmesan cheese
- 1 small garlic clove, crushed

Method

1. Cook the potatoes in a large saucepan of boiling water for 5 minutes. After 5 minutes add the green beans and cook for a further 5 minutes.
2. In another pan add the eggs to boiling water for 7 minutes.
3. When the potatoes and beans are tender, remove the pan from the heat, drain the contents under cold running water and place in a serving dish.
4. Remove the eggs shells and immerse the eggs in cold water until ready to serve.
5. Add tuna, tomatoes, olives and lettuce leaves to the potatoes and beans and toss gently together.
6. Cut the eggs into quarters and arrange on top of the salad.
7. Make the dressing: mix the mayonnaise, Parmesan and garlic with 4 tbsp cold water and drizzle over the salad. Scatter with a few Parmesan shavings and serve.

* (Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.)

SALAD NICOISE Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Salad Nicoise ...

Tuna is a great source of protein, vitamin D, B vitamins and a range of minerals. Fresh tuna is an oily fish containing beneficial omega-3 fatty acids however canned tuna does not count as an oily fish as it has far less omega-3.

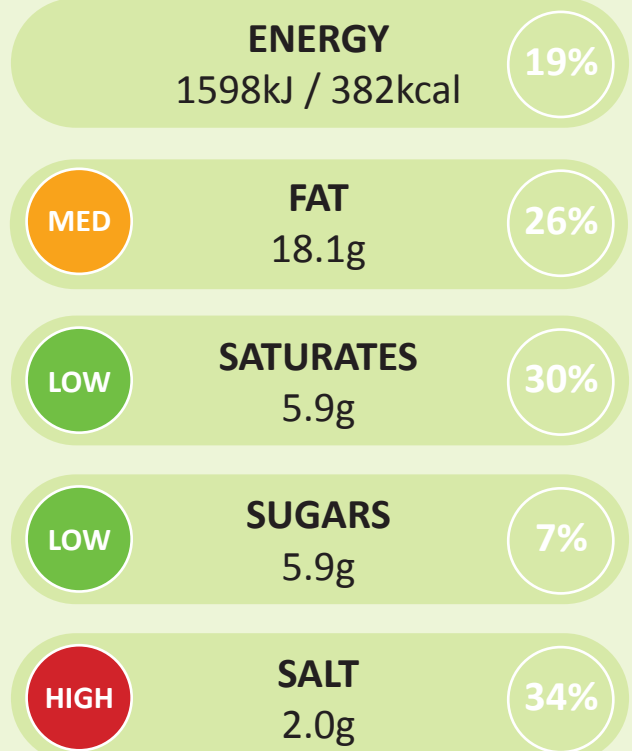
Potatoes are a nutritious and filling starchy food; low in fat and a source of vitamin C and fibre.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 420g serving



% of an adult's reference intake

Typical values per 100g : Energy 380kJ / 91kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.