

# SALAD NIÇOISE

There are few meals that can showcase the color and brilliance of seasonal veggies and what our farmers can do quite like the classic Niçoise salad. In the rush of everyday life, this is one of those recipes that's worth slowing down for. Life is busy, beautiful, abundant, and sometimes a little bit messy. It's our hope that this dish is a reminder to enjoy each delicious moment we have with the people we love the most.

Prep time: 20 minutes

Cook time: 40 minutes

Serves 6



To prepare the potatoes, place them in a medium saucepan with a ½ teaspoon of salt, and cover with cold water by about one inch. Bring to a boil and cook the potatoes until just tender when pierced with a knife. Drain in a colander and set aside to cool.

Meanwhile, bring another pot of water to a boil to cook the green beans and asparagus. When the water begins to boil, add ½ teaspoon of salt and drop the green beans into the pot. Cook until tender, about 5 minutes. Using a sieve, scoop out the beans, drain in a colander, and refresh under cold water to stop the cooking and preserve the bright green color. Continue with the asparagus using the same method.

Fill a saucepan with water, just enough to cover the eggs, and bring to a boil. With a slotted spoon, carefully lower the eggs into the boiling water, and let them boil for about 30 seconds to set the exterior of the whites. Drop the temperature to a very low simmer and cook for 9 minutes more. Drain.

## Ingredients:

1 ½ pounds new potatoes  
½ pound green beans, trimmed  
1 pound green asparagus, trimmed  
6 eggs  
1 head butter lettuce, washed, dried, and torn into pieces  
6 ounces good quality canned tuna fish, packed in olive oil  
6 anchovy fillets, optional  
1 cup cherry tomatoes, halved  
1 small red onion, peeled and thinly sliced  
⅓ cup Niçoise or kalamata olives, pitted  
2 tablespoons capers  
2 tablespoons chopped parsley, chives, or tarragon  
Maldon sea salt flakes and freshly ground pepper, to taste  
**Shallot and mustard vinaigrette**