

A la Nice salad with tuna and chickpeas

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Yield: 2 portions

Ingredients

Salads

- 1 can quality canned tuna (preferably in its own juice or oil)
- 2-3 fresh eggs (M/L size)
- 150 g frozen green beans
- 100 g frozen green peas
- 1/2 a bowl of fresh sage
- 3-4 tbsp canned chickpeas
- 1-2 tbsp soy sauce (for marinating chickpeas)
- 1 spring onion and another 1 tablespoon of wine vinegar to marinate them

Sauce

- 1 tsp mustard (milder or Dijon if you like it spicier)
- 1 food a spoonful of white wine or apple cider vinegar
- 3 tbsp extra virgin olive oil (EVOO)
- A pinch of salt and freshly ground black pepper, dill

Instructions

- 1.** Green base: I added frozen green beans and frozen peas to the bottom of the plate, which I simply blanched in boiling water. I also peeled and dried the asparagus - I cut their stalks smaller and kept the tops for decoration.
- 2.** Quick tip: Instead of traditional (albeit fake!) potatoes, I used a couple of tablespoons of canned chickpeas. To prevent them from getting too crispy, I put them in soy sauce for a while to marinate them. At the same time, I also marinated sliced  scallions, just poured wine vinegar over them.

3. Eggs: I heated the eggs. Since I wanted a perfectly soft yolk, I put the eggs directly from the refrigerator into boiling water and boiled them for exactly 7 minutes.
4. Construction: Scooped chickpeas, a can of quality canned tuna and halved eggs lay on top of the green vegetables.
5. Emulsion-type dressing: In a small jar, I put a teaspoon of mustard, a tablespoon of wine vinegar and added extra virgin olive oil (EVOO). (Just follow a simple rule of thumb here, 1 part liquid to 3 parts oil and you'll be fine.) I whisked everything vigorously until a smooth, thick emulsion and drizzled over the salad. I seasoned with pepper, salt and dill.



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