Salade Nicoise



Used bresc products



Bresc Garlic puree 1000g



Bresc Peperoni marinati 1000g



Bresc Pomodori marinati 1000g

Ingredients

4

For the salad

- 1 head Dutch lettuce
- 1 red onion
- 2 eggs
- 100 g baby potatoes
- 150 g haricot beans
- oil for gentle frying.
- 2 slices fresh tuna
- 1 teaspoon thyme
- 1 small pot (60 g) good quality anchovy fillets
- 2 dessertspoons Bresc Peperoni marinati (pieces of sweet pepper)
- 2 dessertspoons Bresc Pomodori marinati (pieces of tomato)
- ½ cucumber
- 1 tin tuna in oil

For the dressing

- 0.3 dl white wine vinegar
- 0.2 dl lemon juice
- 1 dl olive oil
- salt and pepper to taste
- 1 dessertspoon Bresc Pesto garlic puree
- 1 dessertspoon Dijon mustard

Preparation method

Wash the lettuce and tear it coarsely. Cut the red onion into rings
Peel the cucumber and chop into cubes. Boil the eggs, remove the shells and cut into four. Blanch the baby potatoes and cut them in half. Blanch the haricot beans and cut in half lengthways.
For the dressing, mix the mustard with the garlic, vinegar, lemon juice and stir in the oil. Season with salt and pepper.
Marinate the tuna in the thyme and sear a diamond shape onto one side of the tuna. Season with salt and pepper.
Flavour the lettuce, beans and potatoes with plenty of dressing.
Fill dishes with the lettuce and other vegetables, anchovies and tinned tuna and garnish with the pieces of tomato and sweet pepper. Place the slices of grilled tuna on top.
Arrange the onion rings and the boiled egg on the salad and drizzle a little more of the dressing over it.
Serving suggestion: serve toasted sourdough bread with it.

Bresc BV Jakobsstaf 6 4251 LW Werkendam The Netherlands T. +31 (0) 183 200 000