

A TASTE OF FRANCE

EVERYTHING HERBAL

BY CHERYL JABZ

NICOISE

Salad

FRESH. COLORFUL. SATISFYING.

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Fresh Herbs.
Real Flavor.
Simply Delicious.



A classic French salad from the sunny French Riviera, made with fresh vegetables, tuna, eggs, olives, and herbs. Light, vibrant, and full of Mediterranean flavor.

INGREDIENTS

- 4 cups mixed greens (romaine, butter lettuce, etc.)
- 1 cup green beans, trimmed & blanched
- 2 medium potatoes, boiled & quartered
- 2 cans (5 oz) tuna in olive oil, drained
- 2 hard-boiled eggs, quartered
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup Kalamata olives
- 6-8 anchovy fillets (optional)
- Fresh parsley, chopped
- Fresh basil or thyme, for garnish
- Salt & black pepper to taste

DIRECTIONS

- Bring a pot of salted water to a boil. Add green beans and cook for 3-4 minutes until tender-crisp. Drain and rinse in cold water. Set aside.
- Boil potatoes in salted water until fork-tender. Drain, cool slightly, and cut into quarters.
- In a large bowl or platter, arrange mixed greens as a base.
- Neatly arrange green beans, potatoes, tuna, eggs, tomatoes, onion, olives, and anchovies (if using) over the greens.
- Sprinkle with fresh parsley and herbs.
- Drizzle with Herb Dijon Vinaigrette (recipe below) and season with salt and pepper.

Serve and enjoy!



Cheryl's Tip

For the most authentic flavor, use tuna packed in olive oil, not water, and don't skip the fresh herbs!

HERBS IN THIS RECIPE



PARSLEY
Bright, fresh flavor rich in antioxidants and supports overall wellness.



THYME
Earthy and warm, supports immune health and digestion.



BASIL
Sweet and aromatic, full of anti-inflammatory compounds.

HERB DIJON VINAIGRETTE

- 3 tbsp olive oil
- 1 small garlic clove, minced
- 1 tbsp red wine vinegar
- 1 tsp fresh thyme or oregano, minced
- 1 tsp Dijon mustard
- Salt & black pepper to taste

Whisk all ingredients together until well combined. Drizzle over salad.



PERFECT PAIRINGS



CRISP
WHITE WINE



CRUSTY
FRENCH
BREAD



CHILLED
CUCUMBER
SOUP



FRESH
MELON



Inspired by the French Riviera, Niçoise Salad brings the sunshine of Provence to your table. Bon appétit!



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EVERYTHING HERBAL
by Cheryl Jabz
www.everythingherbalbycheryljabz.com

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