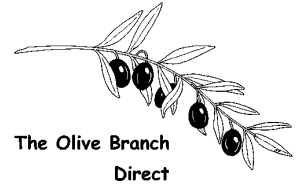


"The Olive Branch"

Quality Mediterranean Foods



RECIPE CARD

Salad Nicoise

*To serve 4 to 6 people
Make shortly before serving*

Introduction

The genuine article consists only of raw vegetables, so don't let this put you off, just make sure that you select good quality fresh ingredients to maximise flavour. If you want to make the salad into more of a main course you could add a tin of well drained tuna fish.

Ingredients

- 10 small preferably dark red firm tomatoes quartered
- 1 cucumber
- 2 peppers, green or red
- 1 clove garlic peeled and chopped
- small red or mild white onion
- 10 anchovy fillets cut if you prefer
- 100g/4oz black pitted or whole Moroccan olives
- 3 hard boiled eggs quartered
- 6 tablespoons extra virgin olive oil
- sea salt & freshly ground black pepper
- (optional) a few shredded basil leaves

Instructions

Peel cucumber and scrape out seeds and discard, dry cucumber and cut into small thin strips. Remove seeds and pith of peppers and cut into small strips. Peel onion and cut into fine strips. Put olive oil, salt and pepper into a small jar and screw down lid well and shake to make dressing. Arrange all the ingredients onto a serving platter keeping basil aside, then drizzle over dressing and decorate with the basil.

The Olive Branch

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