

Fine w/ Food

NICOISE SALAD

for the salad:

- 1 bag fingerling potatoes
- 1 bag green beans, trimmed
- hard boiled eggs (1 egg/person)
- 2 cups cherry tomatoes, sliced in half lengthwise
- ½ red onion, sliced
- 1 lb. ahi tuna (or canned tuna if you're in a pinch!)
- ½ cup green olives, pitted
- lettuce (little gems, spring mix, spinach, whatever you're feeling)
- handful of chopped parsley

for the dressing:

- ¾ cup extra virgin olive oil
- ¼ cup white wine vinegar or balsamic vinegar
- juice of 1 lemon
- 2 tbsp. dijon mustard
- 1 tbsp. honey



preheat oven to 400°F. line a baking sheet with parchment paper. slice fingerling potatoes in half lengthwise. add to baking sheet, drizzle with avocado oil (or any high heat oil like coconut oil or ghee), sprinkle with salt & pepper and mix to combine. bake for 30–35 minutes until crispy and golden

while potatoes are cooking, it's time to prep the green beans. add water to a saucepan filling ~½ way and add a pinch of salt. bring to a boil then add in green beans. cook for 2–4 minutes. drain and immediately plunge into an ice bath to cool, then drain excess water and pat dry

prep all your salad ingredients – chop parsley, onions, tomatoes, and hard boiled eggs and set aside (think taco bar style here)

make the salad dressing by combining salad dressing ingredients and whisk to combine

bring a large skillet to medium–high heat. coat tuna in olive oil and season with salt & pepper. once pan is hot, add in olive oil and sear tuna for ~2 minutes per side. once tuna is cooked to your liking, remove from pan and set on cutting board and slice tuna

once you potatoes are crispyyyy and golden, it's time to assemble! add lettuce to bowl and layer with each salad ingredient, showcasing everything on the plate/bowl then drizzle with dressing

serve & enjoy!