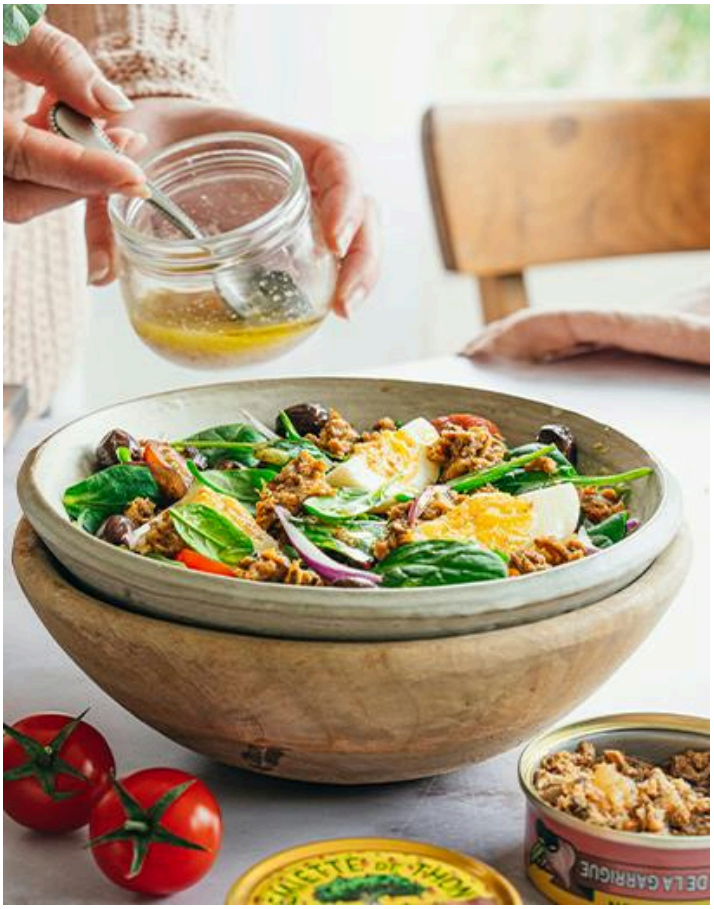
Niçoise-style Sardine salad





2 people | 15 min preparation time | 10 min cooking time

All ingredients

2 tins la belle-iloise Flavours of the Garrigue flaked Tuna
1 small onion
1 egg
2 tomatoes or one large beefsteak tomato
150 g green beans
8 black olives
2 tablespoons wine vinegar
2 tablespoons olive oil
1 small teaspoon mustard
A few lettuce leaves
A few basil leaves

Steps

1- Hard-boil the egg and cook the beans al dente
2- Wash the salad leaves and put them in the bottom of a salad bowl
3- Place cooled beans on top, the tomatoes cut into slices and the thinly sliced onion
4- Drain the tuna, keeping the sauce for the vinaigrette. Mix the vinegar, mustard and oil into the sauce, and then a little chopped basil. Spread over the salad
5- Place the tuna on top and the egg cut into quarters, decorate with the olives and basil leaves