



SALMON NICOISE SALAD

Miele Home Economist Loughlin Hunter & Claire Saundry, APD, AccSD



Method:

1. Cut the potatoes into 1cm rounds.
2. Place the potatoes in the steam oven and steam at 100°C for 5 minutes.
3. After 5 minutes, add the eggs into the steam oven, making sure to leave the potatoes to continue to cook, steam for a further 2 minutes.
4. After 2 minutes, add the salmon in the steam oven and steam for 1 minute.
5. Add the green beans to the steam oven and steam for a further 2 minutes.
6. All items should be in the steam oven and as a result the potatoes would have steamed for just over 10 minutes and should be tender.

Dressing; Quickly whisk all ingredients in a medium bowl.

To serve: Add the lettuce, potatoes, beans, olives and tomatoes to the dressing. Toss the bowl to coat all the ingredients with the dressing. Divide between 4 bowls and add egg and salmon.

Ingredients:

- 300g purple Sapphire or purple Congo potatoes
- 150g green beans, trimmed
- 4 fresh free range eggs
- 2 baby cos lettuce

- Small handful basil leaves
- 2 salmon fillets (approximately 150g each fillet)
- 200g cherry tomatoes, halved
- 1 handful black olives, pitted

Dressing

- 1 clove garlic, crushed
- 6 tablespoons extra virgin olive oil
- Juice of 1 lemon
- 1 teaspoon Dijon mustard

Nutrition Information

Serves 4 people

Nutrient	Per serve
Energy	2410 kJ
Protein	32.3 g
Fat	42.5 g
Carbohydrate	14.7 g
Fibre	290 mg



HOT TIPS

Salmon is a great source of protein and also rich in omega 3 fatty acids. As an alternative, substitute salmon for tofu or a can of tuna.

If you've had a big training session, bump up the carbohydrates by adding in an extra potato or having a piece of wholegrain bread on the side.