

# Nicoise Salad with tuna



 Serves: 1    Prep: 5 minutes    Cook: 20 minutes    [Stack Cup](#)

This classic French salad is packed full of flavour and is healthy too!! This recipe has been adapted to be low FODMAP while still packing in the flavour. This simple salad can be both a side or a main meal and also makes the perfect office lunch.

Metric

Imperial

## ingredients

Green beans halved lengthways

70 g

1 boiled potato, chopped

1 cup butter lettuce, leaves shredded

38 g

3 cherry tomatoes	45 g
2 Tbsp black/green pitted olives, halved	20 g
1 anchovy fillet (marinated in oil and salt only), drained and chopped	2 g
1 can tuna in oil	95 g
½ tsp mustard	2 g
3 tsp Rice wine vinegar	15 g
1 hard-boiled egg, halved	

## Method

### Step 1

Place diced potato in cold water in a medium saucepan. Bring to the boil. Reduce heat to low, then cover and simmer for 12-15 minutes until potato is 'fork tender'. Drain.

### Step 2

Place beans in a bowl and cover with boiling water. Stand for 1 minute or until bright green and just tender. Drain, refresh under cold water, then drain again.

### Step 3

Place beans, lettuce, tomato, olives, anchovy, tuna (undrained), mustard and vinegar in a large bowl. Add potato and season with salt and pepper. Toss gently to combine. Top with a hard-boiled egg and serve.

---

## Hints

- For something different and extra fibre, try brown rice or quinoa instead of potatoes.
- Adapted from a recipe on [www.taste.com.au](http://www.taste.com.au)

