



NIÇOISE SALAD

SERVES 2 OR 4

TIME: 20 MIN

CALORIES: 820/SERVING



Our vegan take on the classic Niçoise salad. Crisp lettuce topped with tender new potatoes and green beans, briny olives, fresh cherry tomatoes, crunchy cucumber, spicy radishes, slightly smashed chickpeas, parsley and a lemon dijon vinaigrette to tie it all together.

WHAT YOU'LL NEED

- Large pot
- Large bowl

- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Fingerling potatoes	~10	~20
Green beans	1 cup	2 cups
Chickpeas	1 cup	2 cups
Kalamata plives	1/3 cup	2/3 cup
Cherry tomatoes	1/2 cup	1 cup
Baby cucumber	1	2
Radishes	4	8
Lemon vinaigrette	1/3 cup	2/3 cup
Parsley	1/8 bunch	1/4 bunch
Lettuce	1 head	1 head



Bring a large pot of water to boil. Prep your ingredients: trim the **green beans**, rinse the **chickpeas**, halve the **tomatoes**, slice the **cucumber**, cut the **radishes** into wedges, pit and chop the **olives**, finely chop the **parsley**, and roughly chop the **lettuce**.



Add the **potatoes** to the boiling water and cook for 10 minutes then add the **green beans** and cook for another 2-4 minutes. Prepare an ice bath (water and ice in a large bowl). Once the vegetables are just tender, drain and transfer to the ice bath. Let sit until fully chilled, then lay to dry.



Meanwhile, combine the **chickpeas** with 1 tbsp of the **vinaigrette** (2 tbsp for 4 servings) and the **parsley**. Season with **salt** and **pepper** and mix well to combine, slightly mashing the **chickpeas**.



Cut the cooled and dry **potatoes** in half and season with **salt** and **pepper**.



Toss **lettuce** with remaining vinaigrette on a platter or in a large bowl and top with the **potatoes**, **green beans**, **olives**, **chickpea mixture**, **tomatoes**, **cucumber**, and **radishes**.

Nutrition Facts Valeur nutritive

Per Serving (957 g)
pour 1 (957 g)

Calories 820 % Daily Value*
% valeur quotidienne*

Fat / Lipides 33 g 44 %
Saturated / saturés 4.5 g 23 %
+ Trans / trans 0 g

Carbohydrate / Glucides 119 g
Fibre / Fibres 22 g 79 %
Sugars / Sucres 15 g 15 %

Protein / Protéines 21 g

Cholesterol / Cholestérol 0 mg 0 %

Sodium 1030 mg 45 %

Potassium 2750 mg 59 %

Calcium 225 mg 17 %

Iron / Fer 9 mg 50 %

*5% or less is a little 15% or more is a lot

*5% ou moins c'est peu 15% ou plus c'est beaucoup