

Nicoise Salad

with Hot Smoked Salmon

hellóchef

Nicoise salad originates from Nice, France. It's typically served with tuna, but this recipe uses hot smoked salmon!

Cals 483 • Prot 43 • Carbs 25 • Fat 26

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🕒 cook: 20 min

R3095



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Hot smoked salmon 6*	250	375	500	Grams
Snow peas	100	150	200	Grams
Baby gem lettuce	1	2	2	Piece
Cherry tomatoes	150	250	300	Grams
Red radish	125	125	250	Grams
Organic Eggs 5*	2	3	4	Piece
Baby spinach	40	60	90	Grams
Kalamata olives	40	60	80	Grams
Dressing				
Shallots	1	1	2	Piece
Garlic cloves	1	1	1	Piece
Dijon mustard 13*	6	9	12	Grams
Red vinegar	15	22	30	ML
Agave syrup	10	15	20	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	3	4	6	Tbsp

Allergens

*6 Fish, *5 Eggs, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

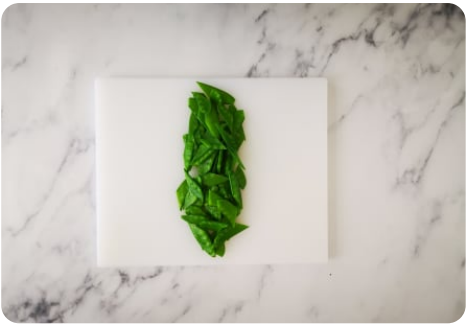
Nutritional information	Per Serving*
Energy (kJ/kcal)	2022 / 483
Fat (g)	26.2
of which saturates (g)	6
Carbohydrate (g)	25
of which sugars (g)	14.3
Fiber (g)	6.3
Protein (g)	42.5
Salt (g)	3.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Bring a pot of salted water to a boil. Meanwhile, trim the **snow peas** and slice them diagonally. Halve the **cherry tomatoes**. Quarter the **radishes**. Peel and finely slice the **shallots**. Peel and mince the **garlic**.



2 Blanch snow peas

Once the pot of water is boiling, blanch the **snow peas** for 1-2 min. Remove the **snow peas** using a slotted spoon and place them under running cold water. Keep the pot on the heat.



3 Boil eggs

Add the **eggs** to the boiling water. Cook for 5-7 min or until cooked to your liking. Drain, run under cold water. Once cool, peel and chop into quarters. Chop the **gem lettuce**.



4 Make dressing

Meanwhile, in a large bowl, whisk together the **Dijon mustard, red vinegar, agave, salt, black pepper** and **olive oil**. Add the **shallots** and **garlic** (don't like raw **garlic**? Go easy!).



5 Toss salad

Toss the **baby spinach, baby gem lettuce, snow peas, cherry tomatoes, red radish** and **Kalamata olives** in the **dressing**.

Tip! Don't dress your salad too far in advance or it will become soggy.



6 Serve

Divide the **salad** among plates and top with the **eggs**. Flake the **salmon** over the top. Season with **salt** and **black pepper**.