

Salad Nicoise

Servings	1
Preparation Time	10 Mins
Cooking Time	5 Mins
Total Time	15 Mins

Nutrition Information

Calories	73.00
Protein	28.00
Protein Serve	2.00
Carbohydrates	5.00
Fat	10.20

Ingredients

- 20.00 g Black Olives
- 40.00 g Cucumber (sliced thinly)
- 1.00 whole Egg (hard boiled, quartered)
- 30.00 g Green Beans (trimmed and chopped coarsely)
- 60.00 g Lettuce (shredded)
- 20.00 g Red onion (sliced thinly)
- 90.00 g Tuna (in spring water, drained)

Instructions

1. Boil, steam or microwave beans until just tender, then drain and rinse under cold water, then drain again.
2. Place all ingredients in a bowl and toss gently to combine.