



SALADE NIÇOISE À LA RIVIERA

A Mediterranean Classic Composed for the Summer Table

This recipe is a midsummer reverie — a sun-drenched invitation to dine al fresco, where tender potatoes, ripe tomatoes, and briny olives gather on the platter like guests at a seaside fête. Inspired by the Riviera's relaxed elegance, this composed salad brings Provençal beauty to every table, whether shared under twinkle lights or savored from a simple mason jar.

Source: The Gilded Table – August Edition

Prep Time: 30-40 min (*Includes boiling potatoes, blanching green beans, making the dressing, and assembling the salad.*)

Yield: Serves 4 as a main course **or** 6–8 as part of a picnic or appetizer spread

Recipe Description

A composed salad that sings of summer by the sea — heirloom tomatoes, tender potatoes, briny olives, and tuna, all elegantly arranged and kissed with a Provençal vinaigrette. *Part of The Gilded Table: August Edition.*

Ingredients

****For the Salad:****

- 8–10 baby potatoes (Yukon Gold or fingerling), boiled and halved
- 2 cups green beans, trimmed and blanched
- 1 cup cherry tomatoes, halved
- ½ small red onion, thinly sliced
- 1 cup Niçoise or Kalamata olives
- 2–3 hard-boiled eggs, halved
- 1 (5–6 oz) can of high-quality tuna in olive oil, drained (or seared fresh tuna)
- 2 cups butter lettuce or small mixed greens (optional)
- 2 tablespoons capers (optional)
- Fresh herbs: parsley, basil, or chives for garnish



Inveniam viam aut faciam.

Retro Recipes Revived © — Life in Bianca's Kitchen



****For the Dressing:****

- ¼ cup extra virgin olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon red wine vinegar or lemon juice
- 1 small garlic clove, minced
- Salt & freshly ground black pepper, to taste

Directions

1. ****Make the dressing:**** In a small bowl, whisk together olive oil, mustard, vinegar/lemon juice, garlic, salt, and pepper. Set aside.
2. ****Prepare the vegetables:**** Boil potatoes in salted water until fork-tender. Blanch green beans in boiling water for 2–3 minutes, then transfer to ice water to keep their color. Halve cherry tomatoes and eggs.
3. ****Assemble the salad:**** On a large serving platter or shallow bowl, layer lettuce (if using), then artfully arrange potatoes, green beans, tomatoes, onion, olives, eggs, and tuna. Tuck in capers and sprinkle herbs.
4. ****Drizzle & serve:**** Drizzle dressing over the top just before serving. Garnish with extra herbs or a few edible flowers, if desired.



Notes

This dish can be served slightly warm or at room temperature — a flexible and elegant offering for summer tables. 🌿



Inveniam viam aut faciam.

Retro Recipes Revived © — Life in Bianca's Kitchen