



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

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Recipe 122

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## Classic French Salad Nicoise

### PREPARATION

- 1 - Cook green beans in a pot of boiling water, add green beans and boil till tender crisp, about 2 to 3 minutes. Refresh with cold water and dry.
- 2 - Spread spring mix around the bottom of a plate or platter.
- 3 - Combine green beans, tuna, tomatoes on the plate over the greens.
- 4 - In a small bowl, whisk together mustard, garlic and vinegar. Add oil slowly, then parsley and chives. Season with pepper and pour over ingredients.
- 5 - Top with eggs, anchovy fillets and olives.



### Classic French Salad Nicoise

Cooks Note: While the ingredients and origins of this traditional French salad may be open to debate, its popularity worldwide is indisputable. Most believe the original version of this salad always included raw red peppers, shallots, and artichoke hearts, though today cooks and chefs around the globe continue to unlock new potential by selecting their own range of ingredients.

Bon Appétit  
-George

(photo by Marc-Henri)

### INGREDIENTS

- 8 ounces green beans, topped and tail removed
- 4 eggs, hard boiled, quartered
- 1 can tuna; 7 1/2 ounces drained (spring water or oil may be used)
- 1 cup grape tomatoes

#### Dressing:

- 1/2 teaspoon Dijon mustard
- 1 clove garlic, finely chopped
- 2 tablespoons red wine vinegar
- 1/2 cup olive oil
- 1 tablespoon parsley, finely chopped
- 1 tablespoon chives, fresh chopped

#### Garnish:

- 8 anchovy fillets (optional)
- olives: Green or Kalamata
- spring mix (Mesclun) for the plate

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