Salade de Provence / Tesco.

Contributors

Tesco (Firm)

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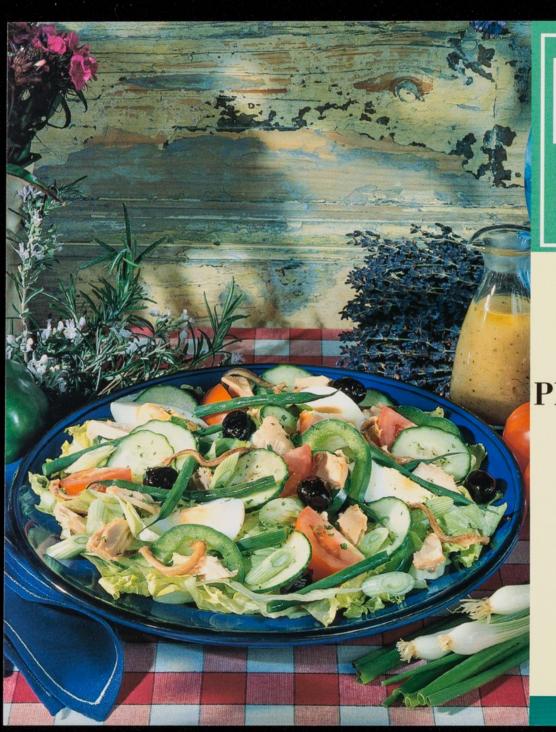
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SALADE DE PROVENCE



TESCO

SALADE DE PROVENCE

SERVES 4

INGREDIENTS

Half an Iceberg Lettuce, shredded

4 Medium Sized Tomatoes, quartered

Half a cucumber sliced

225g (8oz) French Beans, cooked

4 Spring Onions, sliced

I small Green Pepper, de-seeded and sliced

 $2 \times 198g$ (7oz) can Tuna Fish in brine, drained

 2×15 ml sp $(2 \times tbsp)$ freshly chopped Parsley

Salt and ground Black Pepper

 2×15 ml sp (3 tbsp) Fresh Lemon Juice

3 Eggs, hard boiled and quartered

150ml (4pt) Tesco chilled French Dressing

Classic Garnish:

8 Black Olives

8 Anchovies, halved lengthways

METHOD

- I Simply mix together in a large serving bowl the iceberg lettuce, tomatoes, cucumber, french beans, spring onions and green pepper.
- 2 Flake the tuna fish and mix into the salad with the parsley and seasoning
- 3 Arrange the hard boiled eggs, olives and anchovies, if desired, over the salad. Pour over the french dressing and serve immediately.