

DINNERLY



Low-Carb Salmon Niçoise Salad with Fingerling Potatoes



30-40min



2 Servings

When we say this nicoise salad rocked our world, we're not exaggerating. Our veggie take on the classic French salad is one of the best ways to get your greens (and your olives, tomatoes, fingerling potatoes, hard boiled eggs, and salmon). Stir together your own Dijon mustard vinaigrette and you're well on your way to a salad worth (c)raving about. We've got you covered!

WHAT WE SEND

- ½ lb fingerling potatoes
- ½ lb green beans
- 1 plum tomato
- 1 head bibb lettuce
- 1 oz Kalamata olives
- 10 oz pkg salmon filets ⁴
- 1 pkt Dijon mustard ¹⁷

WHAT YOU NEED

- kosher salt & ground pepper
- 2 large eggs ³
- white wine vinegar (or red wine vinegar) ¹⁷
- sugar
- olive oil

TOOLS

- medium saucepan
- medium skillet

ALLERGENS

Egg (3), Fish (4), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 920kcal, Fat 69g, Carbs 36g, Protein 42g



1. Prep veggies

Bring a small saucepan of **salted water** to a boil over high.

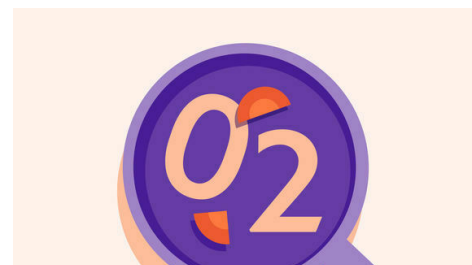
Scrub **potatoes**, then cut in half lengthwise. Trim **green beans**. Cut **tomato** into 1-inch pieces. Trim stem end from **lettuce** and separate leaves. Cut **olives** in half, if desired.

Pat **salmon** dry and season all over with **salt** and **pepper**.



4. Cook potatoes & beans

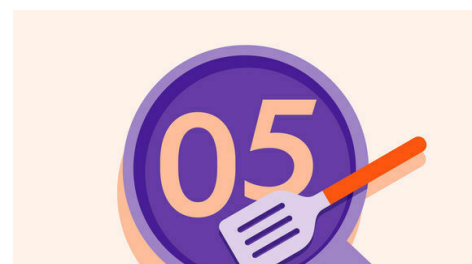
To reserved saucepan, add **potatoes** and enough **salted water** to cover by 1 inch. Bring to a boil over high heat; cook until tender and easily pierced with a fork, 5–7 minutes. Add **green beans**; cook until crisp-tender, 1–2 minute more. Drain and rinse under cold water, then drain well again.



2. Boil eggs

Carefully lower 2 **large eggs** into saucepan with boiling **salted water**. Cover, lower heat to medium-low, and simmer until hard boiled, 10 minutes. Reserve saucepan for Step 4.

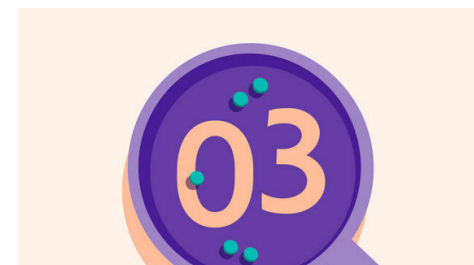
Fill a medium bowl with **ice water**; carefully add eggs. Let cool for 5 minutes, then peel and cut each egg into 4 wedges.



5. Assemble & serve

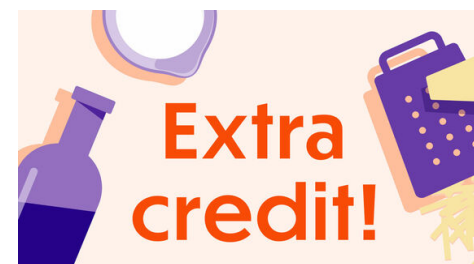
In a small bowl, whisk together **Dijon**, 2 **tablespoons vinegar**, and 1 **teaspoon sugar**. Whisking constantly, add ⅓ **cup oil** until combined. Season with **salt** and **pepper**.

Arrange **lettuce**, **tomatoes**, **olives**, **eggs**, **potatoes**, **green beans**, and **salmon** on plates. Season lightly with **salt** and **pepper**. Serve **Niçoise salad** with **vinaigrette** drizzled over top. Enjoy!



3. SALMON VARIATION

Heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add **salmon**, skin-side down; lightly press each filet for 10 seconds. Cook until skin is charred and crisp in spots, about 4 minutes. Flip and cook until just medium, about 1 minute more.



6. Check us out!

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