

Miele

Salmon niçoise salad

By Miele

10 minutes

Preparation time

10 minutes

Cooking time

4

Serves



INGREDIENTS

300 g purple Sapphire or purple Congo potatoes
4 eggs
2 salmon fillets (approximately 150 g each)
150 g green beans, trimmed
2 baby cos lettuce, outside leaves removed and halved
200 g cherry tomatoes, halved
80 g (½ cup) pitted black olives
½ cup basil leaves

Dressing

2 tbsp olive oil
1 tsp white wine vinegar
Salt flakes and pepper, to taste

Miele Accessories

Perforated steam containers

METHOD

1. Cut the potatoes into 1 cm rounds and place the potatoes in a perforated steam tray.
2. Place the tray in the steam oven and Steam at 100°C for 5 minutes.
3. After 5 minutes, add the eggs into the steam oven, making sure to leave the potatoes to continue to cook, steam for a further 2 minutes.
4. Place the salmon into another perforated steam tray and into the steam oven and Steam for 1 minute.
5. Add the green beans to the tray of salmon and Steam for a further 2 minutes.
6. All items should be in the steam oven, and as a result the potatoes would have steamed for just over 10 minutes and should be tender

Dressing

1. Whisk all ingredients in a medium bowl.

To serve

1. Peel and quarter the eggs, flake the salmon then add the lettuce, potatoes, beans, tomatoes, olives and basil to the dressing.
2. Toss the bowl to coat all the ingredients with the dressing.
3. Divide the salad into 4 bowls and top with the quartered egg and flaked salmon.

Hints and tips

- Our steam ovens have a great feature called “Menu cooking” under Special applications. Choose the ingredients from the options and the oven will prompt when the foods should be added.
- Salmon is a great source of protein and is also rich in omega 3 fatty acids.
- Can be made ahead of time and packed into containers for lunches.
- As an alternative, substitute salmon for tofu or a can of tuna.
- If you've had a big training session, bump up the carbohydrates by adding in an extra potato or having a piece of wholegrain bread on the side.
- Ask your fishmonger for a sustainably caught or raised salmon fillet.