

Low-carb French Salad



The authentic French Riviera salad gets a keto taste twist by switching the potatoes with turnips and a salty dressing to compliment it.

Ingredients for 2 serving (US/Metric)

- 73g / 2.6oz **Boiled Egg**
- 90g / 3.2oz **Green bean**
- **Radish**
- 2 pieces **Garlic Cloves**
- 82g / 2.9oz **Romaine lettuce**
- 78g / 2.8oz **Cherry tomatoes**
- 33g / 1.2oz **Red Onions**
- 48g / 1.7oz **Black Olives**
- 2 *tblsp* **Olive oil**
- 111g / 3.9oz **Tuna, in olive oil**
- **Salt & pepper to taste**
- **Dijon Mustard**
- 14g / 0.5oz **Anchovies**
- **Capers**
- 2.5 *tblsp* **Mayonnaise**

- 4 *tbsp* Olive oil
- Fresh parsley
- Lemon juice

Nutrition (US/Metric)

- **Protein:** 12%
- **Fat:** 83%
- **Net carbs:** 5%

Instructions

1. Prepare the salad dressing by mixing/blending until nice and creamy. Keep aside.
2. Ready the eggs by first boiling them (soft/hard-boiled as per preference), cooling the with an ice-bath, peeling, and cutting them into quarters.
3. Now, chop the radishes (after washing and peeling them) into 0.5-inch pieces.
4. Next, drop the green beans (after washing and trimming them) in a pot of salted boiling water. Parboil for 5 minutes and then rinse under running cold water.
5. Heat some olive oil/butter in a frying pan over medium-high heat and sauté the green beans. Add in some minced garlic and salt pepper seasoning.
6. To serve, lay the lettuce leaves and top it with onions, drained tuna, tomatoes, olives, beans, eggs, and radish. Transfer the salad dressing into a bowl. Enjoy!