



Make a French salad

Serves 4

You need

- 450g (1lb) baby new potatoes
 - 2 eggs
 - 115g (4oz) French beans
 - 6 medium-sized tomatoes
 - 400g (14oz) can artichoke hearts (optional)
 - lettuce leaves
 - 50g black olives (without stones)
 - 400g (14oz) can tuna, drained
 - 250g (9oz) can anchovies (optional)
 - French bread
- For the dressing, whisk together:
- 3 tablespoons olive oil
 - 1 dessertspoon balsamic vinegar
 - 1 clove garlic, crushed
 - 1/2 teaspoon French mustard
 - black pepper



You need this equipment too: saucepan, bowls, chopping board, small sharp knife, colander, can opener, garlic press, whisk, spoons.

1



Wash the potatoes then put them in a saucepan and cover with cold water. Ask an adult to boil them for 15 minutes. Next boil the eggs for 10 minutes.

2



Ask an adult to help you rinse the cooked potatoes and eggs in cold water then leave them to one side in a bowl.

3



Wash the French beans then ask an adult to help you cut the tops and bottoms off them.

4



Ask an adult to boil the beans in a saucepan for 2-3 minutes then drain them in a colander.

5



Chop up the cooked potatoes and French beans, the tomatoes and the artichoke hearts.

6



Wash the lettuce, shake off the water then put the leaves in the bottom of a large salad bowl.

7



Add the chopped veg and the olives to the bowl. Remove the shell from the eggs, chop the egg and add it to the salad. Drizzle over the dressing.

8



Use a fork to break up the tuna in the can. Chop the anchovies (if you are using them) then add all the fish to your salad.

9



Make a French flag from a small piece of card. Glue or tape a cocktail stick to the back of it. Use it to decorate a chunk of French bread.