

ENSALADILLA RUSA

Spain's Creamy Classic ♥

Simple ingredients. Big flavor. 100% irresistible. ♥

The tapa that never goes out of style!



Creamy, comforting and totally addictive. Ensaladilla Rusa (aka Russian Salad) is everywhere in Spain—from beach bars to fancy restaurants. We eat it as a tapa, as a side, or sometimes... straight from the tupperware (no judgment here 😊). Every family has their version.

This is ours!

A LITTLE HISTORY

Despite the name, Ensaladilla Rusa was NOT invented in Russia! It was created in the 1860s by a Belgian chef, Lucien Olivier, who worked in Moscow. It traveled to Spain in the early 1900s and became a staple—especially in summer. Today? A true Spanish icon.



PERFECT FOR...



Tapas & aperitivos



Beach days & picnics



Bocadillo (thank us later)



With a cold beer or wine



BESS KITCHEN SECRETS ♥

- ♥ Cook the veggies just until tender. Overcooked = mushy sadness.
- ♥ Cool everything completely before mixing. Patience is key!
- ♥ A good mayo makes a difference. Quality over quantity.
- ♥ Make it the day before. It tastes even better the next day.
- ♥ Adjust mayo little by little. You can always add more! 😊



♥ HOW TO MAKE IT (SERVES 6) ♥

1 COOK THE VEGGIES

Boil the potatoes, carrots and peas in salted water until tender.

Drain and let cool. (You can steam them if you prefer!)



2 PREPARE THE INGREDIENTS



Potatoes



Carrots



Green peas



Pickles



Tuna



Boiled eggs

Peel and dice the potatoes, carrots and eggs. Drain the tuna. Dice the pickles.

3 MIX GENTLY

In a large bowl, combine all the ingredients.

Add a pinch of salt.

Mix gently so the potatoes don't break.



4 ADD THE MAYO

Add mayonnaise and mix until creamy and well combined.

Taste and adjust salt if needed.



5 CHILL

Cover and refrigerate for at least 2 hours.

This allows the flavors to come together.



Better cold! ♥

6 SERVE & ENJOY

Serve it as a tapa, side dish or in a sandwich.

Top with whatever makes you happy! (See ideas below 😊)



♥ TOPPINGS THAT TAKE IT TO THE NEXT LEVEL ♥

ACEITUNAS (olives)



The classic Spanish touch!

PIMIENTO MORRÓN (roasted red pepper)



Sweet, smoky and beautiful.

ATÚN EXTRA (extra tuna)



More tuna? Always a yes.

HUEVO DURO (boiled egg)



Extra creaminess and flavor.

ACEITE DE OLIVA ALBAHACA (basil olive oil)



A drizzle of magic.

ALCAPARRAS (capers)



Little pops of flavor!

INGREDIENTS (SERVES 6)

- 4 medium potatoes
- 2 medium carrots
- 1 cup green peas (fresh or frozen)
- 3–4 pickles (gherkins)
- 2 cans tuna in olive oil (drained)
- 3–4 hard boiled eggs
- 1 to 1½ cups mayonnaise (or to taste)
- Salt to taste



DELICIOUS WAYS TO ENJOY IT

- On toasted bread
- In a crusty bocadillo
- With crackers
- As a side with grilled meats or fish



NUTRITION (PER SERVING*)



Calories 290 kcal



Protein 8 g



Carbs 22 g



Fat 19 g



Fiber 3 g

*Approximate values