

Salad Niçoise with Fresh Tuna



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Recipe By FoodieBook

Ref: 337

Heading: Salads

Cuisine: French

Food Type: Seafood

No of Portions: 4

Ingredients & Prep

300 g Fresh tuna cut strips or chunks
4 Little gem lettuce washed & dried
4 Eggs free range hard boiled
50 g French beans trimmed
6 Tomatoes de-skinned then cut into quarters
100 g Artichoke hearts from a jar of olive oil drained & chopped
16 g Black olive pitted & cut in half
15 g Fresh flat-leaf parsley chopped
1 Lemon juice
1/2 tsp Salt
1/2 tsp Black pepper freshly ground
2 tbsp Olive oil for frying

Dressing

50 ml Extra virgin olive oil
1 tbsp Red wine vinegar
1 tsp Dijon mustard
1 Garlic clove grated
2 tsp Water
1/2 tsp Salt

Suggestion & Tips

Excellent with crusty bread.

Method

Step 1 - Cook eggs from cold for 10 mins when boiling, the quench in cold water & peel of shell, set aside to cool then cut in half.

Step 2 - Cook French beans in salted water for no more than 2 mins, drain & set aside to cool.

Step 3 - Place tuna in a bowl, add lemon juice, salt, pepper & olive oil, mix and coat tuna, cook tuna on a griddle pan (best) or in a frying pan until cooked to your liking, set aside.

Step 4 - To remove the tomato skins, cut the base (not stalk end) with a cross using a sharp knife, place in a bowl & pour boiling water from the kettle over & cover for 20 seconds, then quench tom in cold water, if you place a knife under the skin on the cut end then peel back skin. once all done cut in quarters & set aside.

Step 5 - In a serving bowl place lettuce, French beans, tomato quarters', artichoke, olives, tuna & parsley & carefully mix/toss together.

Step 6 - Make the dressing by putting all ingredients into a clean jam jar & giving it a good shake, or blend with a stick/hand blender, before dressing the salad place egg halves on top.