

The Slug and Lettuce

TUNA NISCOISE SALAD

Serves 1



INGREDIENTS

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|---------------------------------|-----------------------------------|
| 1 tuna steak | 10ml olive oil |
| 1 egg | Lemon wedge 1/4 |
| A handful of mixed salad leaves | 1g red basil |
| Approx 16 olives | Drizzle of herb oil |
| 30g green beans | Serve with slices of French bread |
| 80g new potatoes | |
| 3 vine tomatoes | |

PREPARATION:

1. Place eggs into boiling water and boil until hard boiled (approx 8 minutes).
2. Refresh in cold running water to prevent over cooking, then remove the shells.
3. Top and tail, and place the green beans into boiling water and boil until they are just cooked, which should take about 4 minutes.
4. Refresh in cold running water to prevent over cooking.
5. Cut the potatoes into even size pieces and put into boiling water and boil until they are just cooked (approx 10 minutes).
6. Refresh in cold running water to prevent over cooking.
7. Cut 2 slices of French bread.

METHOD:

8. Thoroughly grill the tuna steak, or cook to personal preference.
9. Put a little olive oil into a pan and sauté the potatoes until golden brown.
10. Add the vine tomatoes to the potatoes in the pan and cook gently.
11. Put the mixed leaves into the bowl and top with the green beans and olives.
12. Place the cooked tuna steak on top of the salad.
13. Cut the boiled egg into 4 and arrange around the tuna.
14. Put the hot sautéed potatoes and vine tomatoes around the salad.
15. Finish with a lemon wedge, red basil and a drizzle of herb oil.
16. Brush the bread with olive oil and warm under a low grill for about 30 seconds.