

Chargrilled Tuna with Warm Potato & Bean Salad



Serves 2

Prep 10 mins

Cooking 15 mins

Easy

Ingredients

300g baby new potatoes
1 tsp Dijon mustard
2 tbsp white wine vinegar
olive oil
3 spring onions, finely chopped
150g green beans, trimmed
2 tuna steaks
150g baby plum tomatoes, halved

1. Bring a pan of salted water to the boil. Add the potatoes and cook until tender, about 8-10 minutes. While the potatoes are cooking, whisk the mustard, vinegar and 2 tbsp oil in a bowl, stir in the spring onions and season. Scoop the potatoes out with a slotted spoon and drain, halve any large ones then mix with the dressing while warm.
2. Add the beans to the boiling water and cook for 3 minutes. Drain well, add to the dressing bowl, then toss everything together.
3. Rub the tuna with olive oil and season well. Heat a griddle pan to hot then sear the tuna for 2 minutes on each side.
4. Mix the tomatoes into the salad and divide between 2 plates. Top with the tuna.