

Niçoise Jacket Potato



Serves 2

Prep 10 mins

Cooking 50 mins

Easy

Ingredients

2 baking potatoes (Harry & Percy if possible)

6 tsp olive oil

2 eggs

160g fine green beans, trimmed

4 tsp lemon juice

1/2 tsp Dijon mustard

2 tsp parsley, finely chopped

120g tuna chunks (drained weight), flaked

100g cherry tomatoes, quartered

5 sliced black olives (optional)

1 long shallot, thinly sliced

1. Heat the oven to 220C/fan 200C/gas 7. Scrub the potatoes clean & pat dry. Prick all over with a fork & rub each with 1 tsp of oil. Season the skin with salt. Transfer to the oven & bake for 50 mins until tender with a crispy skin. (Or 10 mins in microwave first and bake for 30 mins)
2. Meanwhile, boil some water. Pour over the eggs and cook for 7 mins until hard. During the final 3 mins of the cooking time, add the green beans and cook until al dente. Drain in a colander and plunge everything into cold water, then set aside.
3. In a large bowl, whisk together the lemon juice, mustard and parsley. Slowly drizzle in the remaining 2 tsp of olive oil, whisking as you go. Season the dressing to taste. Add the dressing to the green beans, tuna, tomatoes, olives and shallot. Gently toss together to combine. Peel the egg, roughly chop then add to the dressing.
4. Carefully split the baked potatoes down the middle and, using a fork, gently fluff the inside. Pile the salad on top, finishing with a sprinkle of freshly ground black pepper.