

# Tuna Niçoise



**Serves 4**

**Prep 15 mins**

**Cooking 10 mins**

**Easy**

## Ingredients

4 tuna steak 125g- 140g  
4 medium eggs  
200g green beans, trimmed  
200g new potatoes, cooked & cooled  
4 baby gem lettuces  
24 plum tomatoes  
1 tbsp chopped chives  
1 tbsp oil  
salt & black pepper

## Dressing

2 tsp Dijon mustard  
1/2 tbsp white wine vinegar  
100ml olive oil  
juice of 1/2 lemon

## To serve

1 olive sourdough fougasse  
tapenade

1. Have the tuna ready at room temperature. Add the eggs to a pan of simmering water and cook for 5 mins (or 7 mins for firm yolks), then drain & plunge into cold water. Peel, halve & set aside. Blanch the green beans in boiling salted water for a few minutes; drain, refresh in cold water, then drain & set aside.
2. To make the dressing, shake the ingredients together in a clean jam jar, with a little salt and pepper to emulsify. Taste and adjust the seasoning and/or acidity with a little more vinegar if needed.
3. For the salad, roughly tear the lettuce leaves and place in a bowl. Halve the tomatoes and add to the bowl with the potatoes, beans and chives. Drizzle 2 tbsp of dressing over the salad and toss gently. Place in a large serving bowl or individual bowls. Place the eggs around the salad.
4. To cook the tuna, heat a griddle pan until hot. Rub a little olive oil on both sides of the tuna steaks and season with salt & pepper. Sear the tuna for 2 mins on each side or until cooked to your liking.
5. Cut the olive sourdough fougasse into pieces and put the tapenade into a small serving bowl.
6. To serve, slice the seared tuna on the diagonal and lay on top of the salad. Serve with the fougasse and the tapenade on the side.