

Griddled tuna kinda niçoise salad



Nutritional Information (amount per serving)

Calories	Carbs	Sugar	Fat	Saturates	Protein
491kcal	37.7g	8.5g	20.9g	4.5g	33.8g

Serves 4

Ingredients

For The Salad

- 350 g mixed green and yellow beans
- ½ baguette
- 12 black olives, (stone in)
- 3 ripe mixed-colour tomatoes
- 1 romaine lettuce
- 20 g feta cheese
- 1 lemon

For The Tuna & Dressings

- 1 big bunch fresh basil
- 6 anchovy fillets
- 1 lemon
- 4 tablespoons extra

Method

Ingredients out • Kettle boiled • Medium lidded pan, high heat • Griddle pan, high heat • Liquidizer

START COOKING

Line the beans up and cut off the stalks, put them into the pan with a pinch of salt, then cover with boiling water and the lid • Slice the baguette into 2cm chunks and put on the griddle pan, turning when golden • Pick and reserve 10 baby sprigs of basil • Rip off the rest of the leaves and blitz them in the liquidizer with the anchovies, juice of 1 lemon, the extra virgin olive oil and a splash of water

Pour about 40% of the dressing on to a nice serving platter and put aside • Rub 10% into the tuna and season with salt and pepper • Pour the rest of the dressing into a big bowl with the vinegar, mustard and honey, then mix together • Drain the cooked beans, remove the stones from the olives, roughly chop the tomatoes, then add it all to the bowl of dressing and toss together

Put the tuna on the griddle pan and cook for 2 minutes on each side, or until blushing in the middle • Chop the lettuce into 2cm

virgin olive oil

- 2 x 200 g tuna steaks, (2.5cm thick) from sustainable sources, ask your fishmonger
- 1 tablespoon red wine vinegar
- 1 heaped teaspoon wholegrain mustard
- 1 teaspoon runny honey

chunks, tear the toasts into croutons and arrange over a large board with the lettuce • Scatter the dressed beans, olives and tomatoes over the top • Tear each tuna steak in half and add to the dressing platter • Scatter over the reserved basil leaves, crumble over the feta and serve with lemon wedges

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