

SALAD RECIPES



Tuna Nicoise Salad

Ingredients (Serves 2)

2 x 125g Tuna steaks
200g new potatoes
100g cherry tomatoes
150g green beans
100g rocket leaves
2 eggs (boiled for 6 minutes)
12 black olives
Juice of 1 lemon
1 tbsp rapeseed Oil
1 tbsp Balsamic Vinegar

Method

1. Boil the potatoes in lightly salted water until tender.
2. Slice and place to one side to allow to cool.
3. Boil or steam the French beans without salt.
4. Boil the eggs until semi-hard, peel and cut into quarters.
5. On a serving platter arrange the rocket leaves, cooked potatoes, olives, green beans and eggs.
6. Make the dressing with lemon juice, olive oil and balsamic vinegar.
7. Season and pan-fry the Tuna steaks for 3-4 minutes both sides.
8. Place the tuna on the platter and drizzle the dressing over the top.
9. Serve with some fresh crusty bread.

Key Nutrients

Portion	500g	100g	
Calories	449 (kcal)	90 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	20.8g	4.2g	Med
Saturates	4.3g	0.9g	Low
Sugars	5.0g	1.0g	Low
Salt	1.60g	0.30g	Low
Protein	40.8g	8.2g	-

Allergen Info: Fish, Eggs