

# GRILLED TUNA WITH NICOISE SALAD

## INGREDIENTS

- 8 small new potatoes
- 4 eggs
- 24 fresh green beans
- 4 x 150-200g tuna fillets
- Olive oil, for brushing
- Freshly ground black pepper, to taste
- 4 very ripe medium-sized tomatoes, cut into six or eight pieces
- 12 cos lettuce leaves, cut across in 4cm-wide strips
- 20 small black olives
- 8 basil leaves, torn
- 8 anchovy fillets in oil, drained

## Dressing

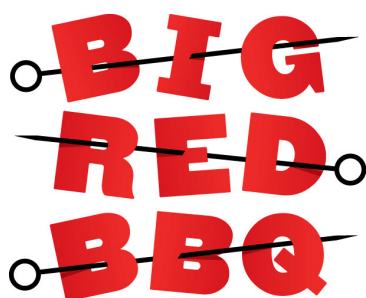
- 1/4 cup extra virgin olive oil
- 2 tablespoons white vinegar
- 1 tablespoons lemon juice
- Black pepper, to taste
- ½ teaspoon Dijon mustard
- 1 heaped teaspoon very finely chopped red shallot
- 1 clove garlic, crushed

## METHOD

1. Steam or boil the potatoes until just cooked, then cut in half and reserve. Hard boil the eggs and allow to cool, then peel and cut into quarters. Steam or boil the green beans and refresh in cold (preferably iced) water to maintain their colour and stop them cooking further.
2. Brush both sides of the tuna fillets with a little olive oil and season with black pepper. Place on a preheated chargrill, turning just once until cooked to medium rare. Remove from the grill and set aside to rest, loosely covered with foil, for 5 minutes while you make the dressing.
3. Mix all the dressing ingredients together in small bowl. Divide the potatoes, eggs, beans, tomatoes, lettuce, olives, basil and anchovies evenly between four plates. Place the tuna fillet on top and then spoon over the dressing before serving.

Serves 4

	Per Serving	Per 100g
Energy	2806kJ	467kJ
Protein	63g	11g
Fat – Total	37g	6g
- Saturated	9g	2g
Carbohydrate - Total	18g	3g
- Sugars	8g	1g
Sodium	724mg	120mg



Supporting Kidney Health Australia

