

Tuna Nicoise Salad



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Tuna Niçoise Salad

Serves 4

- 4 tuna portions
- 1 large butter lettuce, trimmed and washed
- 400 g green beans, trimmed
- 12 chat potatoes, sliced
- 1 punnet of cherry tomatoes, cut in half
- 4 eggs, hard boiled and quartered

- ½ cup of kalamata olives
- 2 tablespoons capers

Dressing

- 6 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 teaspoons dijon mustard
- ¼ cup basil, chopped finely
- Salt and pepper to taste

- Cook potatoes in salted water until just cooked, drain and allow to cool, then cut into slices.
- Cook eggs for 10 minutes, allow to cool, shell and quarter.
- Cook beans in salted water for 2-3 minutes until just cooked. Drain and refresh under running cold tap water.
- Mix together olive oil, lemon juice, dijon mustard and chopped basil. Season with salt and pepper.
- Cook tuna on a medium to high heat to your liking.
- Place lettuce leaves in the base of four bowls, and top with beans, potatoes, tomatoes, eggs, olives and capers. Place tuna on top of the salad and drizzle with dressing.



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