

# Tuna niçoise

Preparation Time: 5 Minutes    Cooking Time: 15-20 Minutes    Serves: 2 adult portions

## What you need

- 200g / 8oz tuna loin
  - 200g / 8oz green beans
  - 2 little gem lettuces, washed and roughly torn
  - 300g / 12oz new potatoes, halved
  - 1 tbsp pitted black olives
  - 10 cherry tomatoes
  - 2 eggs, hard boiled, peeled and quartered
  - 6 anchovy fillets, preferably in olive oil
- Sea salt
  - 6 tbsp olive oil
  - Juice of ½ lemon

## What to do

- Griddle the tuna loin over a medium flame until just cooked through, and set aside.
- Boil the potatoes in salted water until just cooked, then drain.
- Steam or blanch the green beans until al dente.
- In a large bowl, combine the torn lettuce with the warm beans and potatoes and toss with the olive oil and lemon juice and season well.
- Divide between two plates, then scatter over the olives, tomatoes, hard boiled eggs and anchovy fillets.
- Gently flake the tuna over the salad and serve.