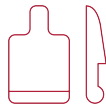




Nicoise Salad with Grilled Tuna



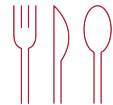
DIFFICULTY: EASY



PREPARATION TIME: 20
MINS



COOKING TIME: 35 MINS



SERVES: 6-8

Ingredients

300g baby red potatoes, quartered
6 eggs
250g green beans
Mixed salad leaves for serving
90g pitted Kalamata olives
1 Lebanese cucumber, sliced
200g cherry tomatoes, halved
½ small red onion, finely sliced
1 thick cut tuna steak, approximately 300g
Olive oil
Salt and pepper

Dressing

¼ cup olive oil
2 tbsps lemon juice
2 tsps Dijon mustard
Salt and pepper

Method

Place the potatoes in the large perforated tray and place on shelf position 2 or 3. Select steam 100°C and keep the cooking time set to 20 minutes. When the oven has reached the preheated temperature, add the eggs and set the timer for 10 minutes. Remove the eggs, then add the beans and set the timer for 4 minutes.

Place the eggs into a bowl of iced water to cool. Remove the beans and continue cooking the potatoes until the original cooking time is complete. Set aside with the potatoes and beans.

Place all the ingredients for the dressing into a jar and shake well to combine.

Wipe any excess moisture from the oven, then preheat on CircoRoasting to 220°C.

Line the universal tray with baking paper and place the tuna onto the tray. Rub the tuna with olive oil and season with salt and pepper. Cook on shelf position 4 for 12 minutes.

While the tuna is cooking, arrange the salad leaves on a serving plate. Peel and halve the eggs and arrange over the leaves with the potatoes, beans, olives cucumber and tomatoes. When the tuna has cooled slightly, break into flakes and place onto the salad and top with red onion. Pour the

dressing over the salad and serve.

Notes

Note – Reduce the cooking time for the tuna if you would prefer medium or rare.

If the Multi Point Probe is available, set the internal temperature to 52°C.