



Tuna Nicoise Salad

Serves 4 EASY



Ingredients

- 2 little gem lettuces
- 6 medium tomatoes, quartered
- 16 black olives, pitted
- 100 g (4 oz) green beans, cooked
- 450 g (1 lb) baby potatoes, halved and cooked
- 4 fresh tuna steaks
- Juice of 1/2 lemon
- 1 tbs Parsley Flat Leaf
- Mixed Peppercorns with Spice Mill
- 4 tbs olive oil
- 2 tbs white wine vinegar
- 2 tsp Pasta Special Blend Garlic Italian

Method

STEP 1

Arrange the lettuce, tomatoes, olives, green beans and baby potatoes in a large salad bowl.

STEP 2

Meanwhile, place the tuna steaks on a plate, squeeze over the lemon juice and sprinkle over the Parsley. Generously twist the Mixed Peppercorn & Spice Grinder over the tuna steaks until evenly coated.

STEP 3

Heat the griddle or frying pan and rub with a little oil. Cook the tuna for 1-2 minutes on each side, ensuring that the middle is left slightly pink.

STEP 4

Meanwhile, mix the olive oil with the white wine vinegar and add the Garlic Italian Special Blend. Stir well.

STEP 5

Place the cooked tuna on top of the salad and drizzle with the prepared salad dressing.

STEP 6

Great served with garlic bread.