



Seared Tuna Nicoise.

Method

Preheat the oven to 200 degrees Celsius. Season tuna with salt and pepper and place on a tray lined with greaseproof paper. Bake for approx 8 minutes or until just cooked through and leave to cool until room temperature.

Place egg into a pot of boiling water and cook for 9 minutes. Refresh by running under cold water for 5 minutes before you peel and cut in half. Wash Kipfler potatoes under running water to remove any excess dirt before placing into a pot with a pinch of saffron and salt, bring to the boil.

Simmer the potatoes until they are just cooked then strain. Leave to cool before cutting into 2cm lengths.

To assemble the salad place torn cos leaves in a bowl, add tomatoes, potatoes, olives, green beans, basil and parsley before adding the tarragon vinaigrette. Place into a serving dish before placing eggs and flaking over the tuna.

Ingredients

Nicoise Ingredients

- 500g Tuna
- 350g Kipfler Potatoes
- ½ Gram Saffron
- 4 Ripe Roma Tomatoes
- 200g Green Beans Blanched in Boiling Water
- 100g Whole Black Olives
- 4 Free Range Eggs
- 3 Each Baby Cos
- 1 Cup Basil Leaves
- 1 Cup Parsley Leaves

Tarragon Vinaigrette Ingredients

- 120ml Extra Virgin Olive Oil
- 30ml Tarragon Vinegar