

Recipe of the Week 44

Winter Tuna Niçoise

A warming winter salad recipe, this is a gold medal meal that should feature regularly in your weekly meal plans. By choosing tuna in oil you retain the fat soluble vitamins, such as A, D and E. These fat soluble vitamins are also found in the egg yolks. Tuna in brine will not contain the omega 3 essential fatty acids which play a vital role in optimising your performance and immunity.

Choose tuna in oil and drain well.

Ingredients



- 450g waxy potatoes, unpeeled and thickly sliced
- 2 tbsp plus 2 tsp olive oil
- 4 eggs
- 1 tbsp red wine vinegar
- 2 tbsp capers, rinsed
- 50g sunblush or sundried tomatoes in oil, finely chopped
- ½ red onion, thinly sliced
- 100g baby spinach
- 2 x 160 g or 200 g cans yellowfin tuna steak, drained

Serves: 4

Preparation time: 10 minutes

Cooking time: 20 hours

Each serving contains

Energy – 332 kcal

Carbohydrates – 23 g

Protein – 25 g

Fat – 16 g (Saturated 3g)

Method

1. Heat oven to 200C/fan 180C/gas 6. Toss the potatoes with 2 tsp oil and some seasoning. Tip onto a large baking tray, then roast for 20 mins, stirring halfway, until crisp, golden and cooked through.
2. Meanwhile, put eggs in a small pan of water, bring to the boil, then simmer for 8-10 mins, depending on how you like them cooked. Plunge into a bowl of cold water to cool for a few mins. Peel away the shells, then cut into halves.
3. In a large salad bowl, whisk together the remaining oil, red wine vinegar, capers and chopped tomatoes. Season, tip in the onion, spinach, tuna and potatoes, then gently toss together. Top with the eggs, then serve straight away.

Alternatively: Roast the potatoes as above, then toss with the 2 tbsp oil, red wine vinegar, capers, tomatoes, red onion and ½ bunch chopped parsley. Brush 4 tuna steaks with a little oil, season, then cook on a hot griddle pan for 2 mins each side or until cooked to your liking. Pile the potatoes onto plates and top with the seared tuna.

Adapted from: <http://www.bbcgoodfood.com/recipes/9529/winter-tuna-nioise>

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