



Tuna Fillet Nicoise Salad

A summery classic that really doesn't need too much messing about with. Good quality fish, eggs and veg come together to make a salad that feels light but is protein-packed.

Serves: 2

Prepare: 20 Minutes

Cook: 10 Minutes

Difficulty: easy

Ingredients

- 120g [can of tuna fillets](#), oil reserved
- 2 eggs, boiled until just set, quartered
- 250g new potatoes, boiled and sliced
- 2 small baby gem lettuces
- 1 small shallot, finely diced
- 8 sunblush tomatoes, drained of oil and roughly chopped
- handful of green beans, topped, tailed and blanched
- 1 tbsp black olives without stones
- 1 tbsp red wine vinegar
- ½ tsp dijon mustard
- juice of half a lemon
- salt and pepper

Method

1. For the dressing, you'll need about 2 tablespoons of oil. If you don't get enough from the can of fish, you can add an extra splash of olive or rapeseed oil. Shake the oil together with the vinegar, mustard, shallot and a pinch of salt and pepper in a jar until well combined
2. Roughly tear up the lettuces into individual leaves, discarding any really chunky bits of the core. Arrange in two shallow bowls and toss the beans, potatoes, eggs, tomatoes and olives over the top. Break the tuna fillet into chunks and add to the bowls
3. Drizzle each salad with dressing to taste and then spritz with a splash of lemon juice. Serve with warm ciabatta to mop up the dressing