

Deconstructed Grilled Tuna Nicoise Salad with Tomato and Sherry Vinegar Dressing

Serves 4

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Summer is here! We have created a twist on the classic Nicoise salad recipe that we think is perfect for finishing on the BBQ and eating outdoors with family and friends. Enjoy!

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TASTE OF SUMMER FACT

Nicoise salad is thought to have been created by choreographer, George Balanchine, in France on the Cote d'Azur and named after the beautiful city of Nice. Our recipe combines the delicious flavour and texture of seared Yellow Fin Tuna with the salad's other classic ingredients, but is served in a deconstructed style and finished with a tomato and sherry vinegar dressing to add a contemporary twist.

The dish presents beautifully whether plated and served individually, or sharing style presented on a platter or board for guests to help themselves.



INGREDIENTS

90ml Extra Virgin Olive Oil

30ml Sherry Vinegar

1½ tsp Lemon Juice

1½ tsp Dijon Mustard

20ml Tomato Juice

1½ tsp Caster Sugar

To Taste - Sea Salt and Freshly Ground Black Pepper

8 small Kipfler Potatoes - rinse, clean and drain.

220gm Green Beans - top, tail and cut into 2cm pieces.

4 Eggs

400gm Yellow Fin Tuna Steak (cut to a 2cm thickness)

To Taste - Sea Salt and Freshly Ground Black Pepper

As Required - Extra Virgin Olive Oil Spray

300gm Heirloom Cherry Tomato Selection - rinse, drain and cut in half.

100gm Kalamata Olives (Pitted) - drain and roughly tear.

1 punnet Micro Rocket Lettuce (optional) - trim leaves, rinse and drain.

To Taste - Sea Salt and Freshly Ground Black Pepper

METHOD

1. In a mixing bowl, add the first quantity of olive oil, sherry vinegar, lemon juice, Dijon mustard, tomato juice and caster sugar, whisk until all of the ingredients have been thoroughly combined. Season to taste and set to one side.
2. Place the kipfler potatoes into a saucepan, cover with cold water, place over a moderate heat and bring up to the boil, reduce the heat and allow the potatoes to gently simmer for 20 minutes or until cooked through. Remove the saucepan from the heat, drain well and allow the potatoes to cool to room temperature. Slice the potatoes in half lengthways and set to one side.
3. Over a moderate heat, bring a saucepan of water up to the boil, add the beans and cook for 1 minute or until the beans are just tender. Remove the saucepan from the heat, drain the beans, refresh under cold running water, drain again and set to one side.
4. Place the eggs into a saucepan, cover with cold water, place over a moderate heat and bring to the boil, continue to boil for 8 minutes. Remove the saucepan from the heat and refresh the eggs under cold running water for 10 minutes. Drain

well, then peel the eggs, cut in half lengthways and set to one side.

5. Place the tuna steak onto a clean work surface and lightly season it on both sides.
6. Over a moderate heat, lightly spray oil a flat BBQ plate or a saute pan, add the tuna and sear for 1 minute on each side or until cooked to the desired degree. Remove from the heat, set to one side, cover with aluminium foil and allow to rest for 5 minutes, then cut the tuna into thin slices and set to one side.
7. In a mixing bowl, add the beans, tomatoes and olives, and a little of the dressing. Gently toss until the ingredients are coated.

TO SERVE

Arrange the ingredients in a similar style to the recipe's photograph, whether on individual plates or sharing style on a platter or board, then lightly scatter with the optional micro rocket lettuce leaves and season to taste.