

food
network

 **89%**
HEALTH SCORE

Grilled Tuna Nicoise Platter

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



50 min.

SERVINGS



8

CALORIES



860 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 pounds tuna steaks fresh 1-inch-thick ()
- 0.5 pound olives black good pitted
- 0.3 teaspoon pepper black freshly ground
- 0.8 teaspoon pepper black freshly ground
- 8 servings pepper black freshly ground
- 1 can anchovies
- 3 tablespoons champagne vinegar
- 2 tablespoons chicken stock see

- 0.5 teaspoon dijon mustard
- 2 tablespoons cooking wine dry white good
- 2 tablespoons flat-leaf parsley minced
- 2 tablespoons basil leaves fresh julienned
- 2 tablespoons optional: dill fresh minced
- 8 hard-cooked eggs peeled cut in 1/2
- 0.5 teaspoon kosher salt
- 2 teaspoons kosher salt
- 8 servings kosher salt
- 8 servings olive oil good
- 10 tablespoons olive oil good
- 1 pound potatoes red boiling
- 0.3 cup scallions white green minced (and parts)
- 0.8 pound string beans french (haricots verts)
- 2 pounds tomatoes ripe cut into wedges (6 small tomatoes)
- 1 bunch watercress
- 1 pound potatoes white boiling

Equipment

- bowl
- whisk
- pot
- grill
- stove
- colander

Directions

- To grill the tuna, get a charcoal or stove-top cast iron grill very hot.

- Brush the fish with olive oil, and sprinkle with salt and pepper. Grill each side for only 1 1/2 to 2 minutes. The center should be raw, like sushi, or the tuna will be tough and dry. Arrange the tuna, haricots verts, potato salad, tomatoes, eggs, olives, watercress, and anchovies, if used, on a large flat platter.
- For the vinaigrette, combine the vinegar, mustard, salt, and pepper. Slowly whisk in the olive oil to make an emulsion.
- Drizzle some over the fish and vegetables and serve the rest in a pitcher on the side.
- Drop the white and red potatoes into a large pot of boiling salted water and cook for 20 to 30 minutes, until they are just cooked through.
- Drain in a colander and place a towel over the potatoes to allow them to steam for 10 more minutes. As soon as you can handle them, cut in 1/2 (quarters if the potatoes are larger) and place in a medium bowl. Toss gently with the wine and chicken stock. Allow the liquids to soak into the warm potatoes before proceeding.
- Combine the vinegar, mustard, 1/2 teaspoon salt, and 1/4 teaspoon pepper and slowly whisk in the olive oil to make an emulsion.
- Add the vinaigrette to the potatoes.
- Add the scallions, dill, parsley, basil, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper and toss.
- Serve warm or at room temperature.

Nutrition Facts

 PROTEIN **30.73%**  FAT **56.24%**  CARBS **13.03%**

Properties

Glycemic Index:51, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:53.229130827862%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 860.01kcal (43%), Fat: 53.51g (82.33%), Saturated Fat: 9.68g (60.48%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 22.28g (8.1%), Sugar: 6.74g (7.48%), Cholesterol: 278.85mg (92.95%), Sodium: 1815.89mg (78.95%), Alcohol: 0.39g (100%), Alcohol %: 0.08% (100%), Protein: 65.8g (131.6%), Vitamin B12: 22µg (366.74%), Selenium: 104.37µg (149.1%), Vitamin A: 6822.64IU (136.45%), Vitamin B3: 23.54mg (117.72%), Vitamin D: 14.15µg (94.32%), Vitamin K: 84.26µg (80.25%), Phosphorus: 800.68mg (80.07%), Vitamin B6: 1.47mg (73.62%), Vitamin E: 9.5mg (63.33%), Vitamin B2: 0.97mg (56.88%), Vitamin B1: 0.77mg (51.19%), Potassium: 1600.74mg (45.74%), Magnesium: 178.16mg (44.54%), Vitamin C: 33.95mg (41.15%), Vitamin B5: 3.7mg (36.99%), Iron: 5.35mg (29.74%), Copper: 0.52mg (26.24%), Manganese: 0.51mg (25.58%), Fiber: 5.61g (22.46%), Folate: 84.36µg (21.09%), Zinc: 2.79mg (18.61%), Calcium: 124.72mg (12.47%)