



Oil-Poached Tuna Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce albacore tuna steaks thick (1")
- ☐ 4 anchovies packed in oil, drained, finely chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons dill plus sprigs fresh chopped for serving
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves

- ☐ 0.8 cup kalamata olives pitted halved
- ☐ 4 servings kosher salt
- ☐ 0.3 cup juice of lemon fresh ()
- ☐ 1 cup navy beans dried rinsed drained canned
- ☐ 3 cups olive oil
- ☐ 2 sprigs rosemary
- ☐ 1 small shallots finely chopped
- ☐ 1 pound and/or wax beans green

Equipment

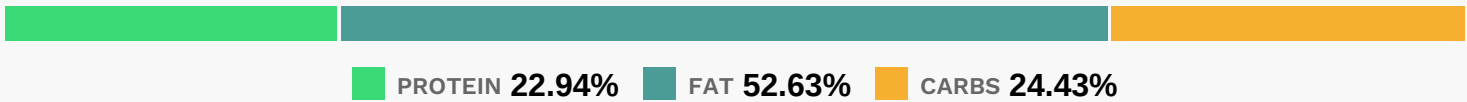
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ spatula
- ☐ colander

Directions

- ☐ Bring flageolet beans and 4 cups waterto a boil in a large saucepan, reduce heat,and simmer until beans are tender, 50–60minutes; season with salt.
- ☐ Let beans cool;drain.
- ☐ Transfer to a medium bowl. (Do notcook canned beans.)
- ☐ Cook green beans in another largesaucepan of boiling salted water until crisp–tender,about 5 minutes.
- ☐ Drain and transferto a colander set in a bowl of ice water.
- ☐ Letcool; drain and set aside. Wipe saucepan dry.
- ☐ Heat oil, rosemary, and garlic in samesaucepan over medium–low heat until deep–frythermometer registers 160°F. Seasontuna with salt and pepper and cook in oiluntil opaque except for a bit of pink in thecenter, about 4 minutes per side. Using aslotted spatula, transfer tuna to a plate.
- ☐ Letpoaching oil cool, then remove rosemaryand garlic. Set aside 1/4 cup oil.

- ☐ Whisk anchovies, shallot, parsley,lemon juice, mustard, chopped dill, andreserved poaching oil in a small bowl;season with salt, pepper, and more lemonjuice, if desired.
- ☐ Add some vinaigrette to bowl with flageolet beans and toss to coat.
- ☐ Break tuna into large pieces and arrangeon a platter with flageolet and green beans,tomatoes, and olives. Top with a few dillsprigs and serve with remaining vinaigrettealongside.
- ☐ DO AHEAD: Tuna can be made 1 dayahead. Return fish to cooled oil, cover, andchill.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:66.25, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:47.236956471982%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 727.13kcal (36.36%), Fat: 43.21g (66.47%), Saturated Fat: 6.58g (41.11%), Carbohydrates: 45.12g (15.04%), Net Carbohydrates: 29.13g (10.59%), Sugar: 4.02g (4.47%), Cholesterol: 45.49mg (15.16%), Sodium: 668.37mg (29.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.37g (84.73%), Vitamin B12: 10.72µg (178.64%), Folate: 322.39µg (80.6%), Vitamin K: 83.96µg (79.97%), Selenium: 49.72µg (71.03%), Fiber: 15.99g (63.96%), Vitamin A: 3094.75IU (61.89%), Vitamin B3: 11.87mg (59.34%), Phosphorus: 572.28mg (57.23%), Vitamin C: 44.37mg (53.78%), Magnesium: 191.57mg (47.89%), Vitamin B1: 0.71mg (47.58%), Vitamin E: 7.07mg (47.11%), Manganese: 0.87mg (43.47%), Vitamin D: 6.46µg (43.09%), Vitamin B6: 0.83mg (41.72%), Potassium: 1315.02mg (37.57%), Iron: 6.35mg (35.29%), Copper: 0.7mg (34.92%), Vitamin B2: 0.4mg (23.58%), Zinc: 3.27mg (21.78%), Calcium: 173.53mg (17.35%), Vitamin B5: 1.73mg (17.3%)