



Salad Nicoise with Seared Tuna

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 fillet anchovy
- 16 caper with stems
- 1 pint cherry tomatoes halved
- 1 teaspoon dijon mustard
- 8 large eggs
- 0.5 bunch chives fresh snipped
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 tablespoons tarragon fresh minced

- 2 garlic cloves minced
- 0.5 pound green beans french trimmed
- 0.5 juice of lemon juiced
- 1 pound new potatoes red scrubbed halved
- 0.5 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 1 cup niçoise olives
- 3 tablespoons red wine vinegar
- 8 servings sea salt and pepper black freshly ground
- 2 pounds sushi-quality tuna fresh

Equipment

- frying pan
- sauce pan
- mixing bowl
- pot
- colander
- cutting board
- canning jar
- steamer basket

Directions

- Watch how to make this recipe.
- To make the vinaigrette: combine all ingredients in a mason jar. Screw the cap on the jar and shake the vinaigrette vigorously to emulsify. Set the dressing aside while preparing the salad so the flavors can marry.
- Cooking the potatoes, eggs, and green beans in the same pot cuts down on prep time and clean up. To do this, put the potatoes in a large saucepan, add water to cover and a nice pinch of salt; bring to a boil over medium heat. Simmer the potatoes for 12 minutes to give them a head start, and then add the eggs.

- Place a steamer basket or colander on top of the simmering water.
- Put the green beans in the steamer and cover with a lid. Steam the beans for 5 minutes until crisp-tender while continuing to cook the potatoes until fork tender.
- Drain out the water and put the potatoes, eggs, and green beans in a colander; rinse briefly under cold water. Peel the shells off the eggs and cut them in 1/2 lengthwise.
- Place a large skillet over medium-high heat. Rub the tuna on all sides with olive oil, and a bit of the vinaigrette; season with a fair amount of salt and pepper.
- Lay the tuna in the hot pan and sear for approximately 2 minutes on each side; as the tuna cooks, the red meat will become whiter.
- Transfer the tuna to a cutting board and slice.
- To assemble the salad: combine the potatoes, green beans, tomatoes, olives, anchovies, capers, and chives in a large mixing bowl. Take the vinaigrette and give it another good shake to recombine.
- Drizzle the salad with enough vinaigrette to fully moisten and toss gently to coat; season with salt and pepper. Take care not to mush up the ingredients – the important thing about salad nicoise is that it is arranged nicely on a platter with all the elements keeping their individual integrity.
- Put the tossed salad down the center of a serving platter and lay the seared tuna attractively across the top and the eggs around the rim.
- Drizzle with the remaining vinaigrette and serve.

Nutrition Facts



■ **PROTEIN 38.7%**
■ **FAT 41.2%**
■ **CARBS 20.1%**

Properties

Glycemic Index:46.34, Glycemic Load:8.43, Inflammation Score:-8, Nutrition Score:27.555652245231%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.35mg,

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Nutrients (% of daily need)

Calories: 335.47kcal (16.77%), Fat: 15.35g (23.61%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 13.59g (4.94%), Sugar: 3.2g (3.55%), Cholesterol: 231.62mg (77.21%), Sodium: 639.48mg (27.8%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 32.43g (64.85%), Selenium: 96.36µg (137.66%), Vitamin B3: 13.76mg (68.79%), Vitamin B12: 3.41µg (56.82%), Vitamin B6: 0.77mg (38.65%), Vitamin C: 31.5mg (38.18%), Vitamin K: 36.64µg (34.9%), Phosphorus: 337.49mg (33.75%), Iron: 4.99mg (27.72%), Vitamin B2: 0.43mg (25.39%), Potassium: 802.76mg (22.94%), Vitamin A: 1062.1IU (21.24%), Manganese: 0.42mg (21.23%), Vitamin E: 2.96mg (19.71%), Magnesium: 70.67mg (17.67%), Vitamin D: 2.36µg (15.74%), Folate: 62.64µg (15.66%), Copper: 0.28mg (13.75%), Vitamin B5: 1.31mg (13.13%), Fiber: 3.26g (13.03%), Zinc: 1.95mg (13.02%), Calcium: 117.39mg (11.74%), Vitamin B1: 0.16mg (10.72%)