



TUNA NICOISE SALAD

Wellbeing Recipes

Difficulty	Easy
Servings	6
Duration	20 min. preparation 10 min. cooking

Ingredients

- 5 eggs
- 100ml olive oil
- 30ml lemon juice
- 15ml white wine vinegar
- half tbsp Dijon mustard
- half tbsp dried Italian herbs
- 500g green beans, ends removed and cut into 3cm lengths
- 100g baby spinach leaves, washed
- 120g red onion, peeled and thinly sliced
- 180g red capsicum, core removed, de-seeded and thinly sliced
- 250g cherry tomatoes, washed and halved
- 750g tuna in springwater (not brine), drained well
- Salt and pepper



Instructions

1. Place the eggs in a large saucepan filled with water and bring to the boil.
2. Cook for 5 to 6 minutes after the water begins to boil.
3. Remove eggs from the saucepan and place in a large bowl filled with iced water to cool. Peel and cut into quarters.
4. Cook the beans either by boiling in a large saucepan or steaming. When just cooked and still green, drain and add beans to ice water to stop them cooking. When cold drain away the water.
5. Make the dressing by combining olive oil, lemon juice, vinegar, mustard, dried herbs and whisking together. Season with salt and pepper.
6. In a large bowl, gently mix together beans, spinach, onion, capsicum, tomatoes and tuna with some of the dressing to coat. Add egg quarters and gently combine.
7. Place into serving containers and drizzle with the dressing.