



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Little Tuna

The only sustainably caught Australian tuna, Little Tuna are a Cairns-based family business - they catch their tuna locally. It has no preservatives, artificial colours or flavours.



4 Tuna Nicoise Salad

The Nicoise (pronounced "nee-swaz") salad originated in the French city of Nice and is traditionally made with a delicious combination of boiled potatoes, fresh tomatoes, tuna and beans.

 25 minutes

 2 servings

 Fish

1 February 2021

Mix it up!

You can add some crispy gem lettuce leaves to this salad to stretch it out! If you want to spice up the dish, add some dried chilli flakes or 1/2 crushed garlic clove to the dressing.

Per serve: **PROTEIN** 38g **TOTAL FAT** 58g **CARBOHYDRATES** 43g

FROM YOUR BOX

BABY POTATOES	400g
PASTURED EGGS	2
GREEN BEANS	1 bag (150g)
CHERRY TOMATOES	1/2 bag (100g) *
SPRING ONIONS	1 *
PARSLEY	1/2 bunch *
TUNA	1 jar
GREEN OLIVES	1 jar
SEEDED MUSTARD	1 jar

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, white wine vinegar, salt and pepper

KEY UTENSILS

2 saucepans

NOTES

Rinse the parsley well before using to remove any sand.

You can use the oil from the tuna for the salad dressing if preferred!

No fish option - tuna is replaced with smoked chicken. Slice and toss through salad.



1. COOK THE POTATOES

Halve potatoes and place in a saucepan, cover with water. Bring to the boil and simmer for 10–12 minutes, or until tender but still firm (see step 3).



2. COOK THE EGGS

Place eggs in a saucepan and cover with water. Bring to the boil and simmer for 7 minutes. Drain and cool under running water.



3. BLANCH THE BEANS

Trim and halve beans. Add to boiling water with potatoes for the last 1–2 minutes of cooking time. Drain and rinse under cold water.



4. PREPARE THE SALAD

Halve tomatoes, slice spring onions and chop parsley. Peel and quarter eggs. Drain tuna and olives (see notes).



5. PREPARE THE DRESSING

Whisk together mustard with **1/2 tbsp vinegar** and **2 tbsp olive oil**. Season with **salt and pepper**.



6. FINISH AND PLATE

Arrange all the ingredients on a large serving plate. Pour over dressing.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

