



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

 4 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** 21g **TOTAL FAT** 40g **CARBOHYDRATES** 39g

## FROM YOUR BOX

BABY POTATOES	800g
PASTURED EGGS	2
GREEN BEANS	1 bag (250g)
CHERRY TOMATOES	1 bag (200g)
SPRING ONIONS	1/4 bunch *
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 tbsp vinegar** and **3 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](mailto:hello@dinnertwist.com.au)

