

Jason Pettit – Capital Radio Recipe



Grilled Tuna Steak 'Nicoise'

This is a quick and healthy take on the classic retro salad.

Normally served with anchovies added to the salad, this recipe uses them in the dressing.

Ingredients – serves 4 people

	<i>dressing</i>
½ cup	extra virgin olive oil
¼ cup	apple cider vinegar
1 Tbsp	Dijon mustard
2 lrg	garlic cloves (finely grated)
1 sm	spring onion (washed, trimmed and chopped)
4 ea	anchovy fillets
	salt & black pepper
4 ea	tuna steaks (look for steaks of even thickness & size)
2 Tbsp	olive oil
4 ea	local potatoes (medium sized, cut into 20mm chunks)
4 ea	eggs (large size)
1 pkt	French beans (washed and trimmed)
1 pkt	baby spinach (washed, picked and drained)
1 med	red onion (peeled, cut into 2mm slices)
2 ea	tomatoes (medium size, cut into 20mm chunks)
½ cup	marinated olives (sliced or chopped)

to serve

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crusty bread | lime or lemon wedges

Method

Place cut potatoes in a pan and cover with cold water by 1cm. Add a pinch of salt and bring to the boil, reduce to a simmer. Check after 12 – 15 minutes – they should be almost cooked. Turn off the heat and leave in the water to finish cooking and then drain.

Bring a small pan of lightly salted water to the boil then add the eggs. Boil gently for 7 – 8 minutes then plunge into a small bowl of iced water. Drain after 5 minutes.

Bring another pan of lightly salted water to the boil then add the beans. Boil until just cooked – approx. 2 minutes then drain and plunge into a bowl of iced water for 2 minutes then drain.

Place all dressing ingredients into a blender / food processor and blitz until fully combined.

Remove tuna steaks from the fridge at least 30 minutes before cooking.

Heat a large sauté / skillet / frying pan over a medium high heat until almost smoking.

Brush the tuna steaks with the olive oil and then add to the pan - do not over crowd the pan.

Cook for 3 minutes then turn the steaks over and cook until cooked to the same level.

Remove from the pan and place onto a warm plate and cover with foil to keep warm and rest / relax.

Arrange the potatoes, spinach, onions, French beans and olives on a serving plate.

Peel the eggs and cut in half and put onto the plate.

Flake or slice the tuna and arrange on the plate.

Serve with accompaniments of choice and dressing on the side.

Notes from the chef:

Cook the eggs and tuna to your desired preference and dependant on the size of the eggs and steak.

Substitute the French beans for asparagus.

Salmon may used if tuna is not available.

Tbsp - tablespoon

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Tsp – teaspoon