



Tuna Nicoise Baguettes



Serves
4



Prep
25 minutes



Ingredients

2 x 145g cans Princes Tuna Chunks in Sunflower Oil

3 eggs

4 small baguettes

Butter, for spreading

Iceberg lettuce leaves, shredded

2 tomatoes, sliced

¼ cucumber, thinly sliced

½ small red onion, thinly sliced

12 pitted black or green olives

Salt and freshly ground black pepper

A few sprigs of parsley

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	546kcal	4.8g	17.9g	3.7g	2.9g
RI%	27%	5%	26%	19%	48%

Method

1. Cook the eggs in boiling water for 10-12 minutes. Plunge into cold water to cool for a few minutes, then shell and slice them.
2. Halve the baguettes and butter them lightly. Share the lettuce, tomatoes, cucumber and red onion between them, then add the chunks of tuna and hard-boiled egg.
3. Put three olives into each baguette and season with a little salt and pepper. Garnish with a few sprigs of parsley, then serve.

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