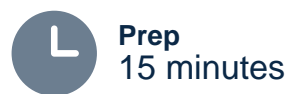


TUNA NICOISE SALAD



Serves
4



Prep
15 minutes



Cooking
20 minutes

Create this classic recipe – it's ideal for picnics and al-fresco eating.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	473kcal	5.1g	27.2g	5.1g	0.3g
RI%	24%	6%	39%	26%	5%

METHOD

1. Cook the potatoes in lightly salted boiling water for 15-20 minutes, until tender. At the same time, hard-boil the eggs for 10-12 minutes and simmer the green beans for 3-4 minutes. Plunge the eggs into cold water to cool them quickly.
2. Meanwhile, put the red onion into a bowl and add the lemon juice or vinegar, then leave to marinate for 5-10 minutes.
3. Drain the potatoes and put them into a bowl. Add the onion with the lemon juice or vinegar, then mix in the olive oil and mustard. Add the cherry tomatoes, green beans and tuna chunks. Season and mix gently.
4. Put the lettuce into a large salad bowl and spoon the tuna mixture on top. Shell and quarter the eggs and arrange them on the salad. Serve, sprinkled with the olives, capers and chopped parsley.



INGREDIENTS

- 2 x 160g cans **Princes Tuna Chunks in Sunflower Oil**, drained
- 500g small new potatoes, halved
- 4 eggs
- 150g fine green beans, trimmed
- 1 small red onion, sliced
- 2 tbsp lemon juice or white wine vinegar
- 4 tbsp olive oil
- 1 tsp Dijon mustard
- 12 cherry tomatoes, halved
- Salt and freshly ground black pepper
- ½ Iceberg lettuce, chopped
- 12 black or green olives
- 2 tbsp capers, drained
- 2 tbsp chopped fresh parsley

