



Salad Nicoise the posh way

NIBBLEDISH CONTRIBUTOR

Ingredients

Nice piece of the freshest Tuna available

Flat parsley , basil chopped (for coating)

salt and black pepper

Hard boiled egg

capers

Micro herbs

black olives sliced

Ratte or good salad potatoes, cooked and skinned

Flavoursome baby tomatoes, halved and tossed in olive oil and seasoned

Green beans , blanched and cooked al dente.tossed in a little olive oil

Instructions

Roll the Tuna in oil seasoned with salt and black pepper

Place tuna on a hot griddle for 30 seconds on each side so that all surfaces get an even cooking.

Remove tuna from griddle and roll all around in the chopped fresh herbs , wrap up tightly in clingfilm and allow to " set" its shape in the fridge for a while.

To serve

Place the nicely sliced salad potatoes on the plate and top with the sliced tuna , garnish with olives

Place the egg on the plate and garnish with the capers and micro herbs.

Put a small amount of baby tomatoes on the plate and arrange the beans amongst them, garnish with shredded basil.

Serve and enjoy