



FAST

HEALTHY

Tuna Nicoise Salad

with Artichokes and Tarragon



20-30min



2 Portions

Blending warm, creamy potatoes, oily fish and boiled eggs with fresh tomato, beans and olives, Nicoise, the classic salad from the south of France, never fails to satisfy. In this version, we've added artichokes and fragrant tarragon, giving you even more reasons to love this healthy weeknight meal.

What we send

- tuna ⁴
- tarragon
- green beans
- black pitted olives
- tomato
- chat potato
- artichokes

What you'll require

- eggs ³
- olive oil
- sea salt and pepper
- white wine vinegar ¹⁷
- wholegrain mustard ¹⁷

Utensils

- medium saucepan
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

If you have the time, remove your eggs from the fridge and bring to room temperature prior to cooking as they are less likely to crack during cooking and are easier to peel.

Allergens

Egg (3), Fish (4), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 590kcal, Fat 35.2g, Carbs 23.4g, Proteins 37.4g



1. Boil potatoes

Bring a small saucepan of water to the boil for the eggs (see cooking tip). Halve or quarter any large **potatoes**, then put in a medium saucepan, cover with cold water, season with **salt** and bring to the boil. Cook the potatoes for 8-10 mins until tender. Drain.



4. Make dressing

Whisk **1 tsp wholegrain mustard**, **1 tbs white wine vinegar** and **1½ tbs extra virgin olive oil** in a large bowl and season with **salt and pepper**.



2. Cook eggs

Meanwhile, cook **2 eggs** in the pan of boiling water for 7 mins, for soft-boiled or 8 mins, for hard-boiled. Drain the eggs, then put in a bowl of cold water to cool. Half-fill the saucepan with salted water and bring to the boil for the beans.



5. Make salad

Coarsely chop the **tomato**. Finely chop **half the tarragon** leaves, discarding the stems (the remaining tarragon won't be used in this dish). Add the **beans, tomato** and **tarragon** to the **dressing**.



3. Prepare ingredients

Drain the **tuna**. Drain the **artichokes**, gently squeezing out excess moisture, then quarter. Trim the **beans**, then halve on an angle. Cook the beans in the pan of boiling water for 3 mins or until just tender. Drain and refresh under cold running water.



6. Get ready to serve

Peel and quarter the **eggs**. Add the **potatoes, artichokes** and **olives** to the salad and gently stir to combine. Divide the **salad, tuna** and **eggs** among bowls to serve.