

TUNA NICOISE

Ingredients (Serves 2)

2 little gem lettuce
2 handfuls watercress
100g green beans, blanched
12 cherry tomatoes, halved
100g canned chickpeas
10 kalamata olives
2 baby beetroot, cut into wedges
200g canned tuna
2 free range eggs, soft boiled

Dressing

3 tspn extra virgin olive oil
1/2 tspn Dijon mustard
1 tbsp red wine vinegar
Juice from 1/2 a lemon
Handful basil leaves, chopped
Salt and freshly ground pepper

Method

1. Lay the salad leaves in the bottom of 2 bowls. Top with the green beans, tomatoes, chickpeas, olives and beetroot.
2. Divide the tuna between the two bowls and serve in the middle of each bowl. Halve the eggs and serve alongside the tuna.
3. Whisk all the dressing ingredients together and drizzle over both salads. Serve immediately.