

Tuna Niçoise

Serves: 2

Cooking time: 25 minutes

Ingredients

8 Church & Manor quail eggs

225g/8oz of fresh tuna

175g/6oz thin french beans,
topped and tailed

350g/12oz tiny new potatoes, scrubbed

8 cherry tomatoes

A few leaves of fresh rocket

For the dressing

4tbsp olive oil

1tsp anchovy paste

1tbsp white wine vinegar

1tbsp grated onion

1tsp Dijon mustard

Salt and ground pepper

Method

1. Preheat the grill. Brush the tuna steak with olive oil and sprinkle with salt and black pepper. Grill for 3-4 minutes on each side until cooked through. Allow to cool, then flake with a fork.

2. Place the quail eggs in a pan of gently simmering water, bring to the boil and cook for 4 minutes. Remove the boiled eggs from the pan and set aside to cool. Gently shell and halve them.

3. Blanch the beans for around 2 minutes, leaving them just crisp, refresh in cold water and then drain.



4. Cover and boil the potatoes until they can be easily pierced with the tip of a sharp knife

5. Place all these ingredients in a bowl with olives and rocket.

6. Place all the dressing ingredients in a screw-top jar and shake until completely mixed together.

7. Drizzle the dressing over the bowl of salad and tuna, toss gently to coat and serve on individual plates.