

Easy-to-prepare meals and accompanying drinks

# Tuna Salad Niçoise

BY RACHEL WALKER



Rachel is a food writer and blogs at [thefoodieat.org](http://thefoodieat.org)

THIS SALAD ORIGINATED IN THE SOUTH OF FRANCE, borrowing its name from the city of Nice. It showcases some of the region's most delicious ingredients: tomatoes, olives and anchovies. A purist's recipe wouldn't use cooked vegetables such as green beans and potatoes, but it's good to showcase some British produce—and it's a popular way to bulk it out.

Often the anchovies are left whole, but by blending them into a thick dressing, all the salad ingredients get coated in a deliciously salty, piquant sauce. Ideal for lunch on-the-go, but also as a lovely, light supper—the perfect accompaniment to long summer evenings.

## Serves 2

- 120g Charlotte potatoes, halved
- 2 eggs
- 80g green beans, topped, tailed and halved
- 120g sweet vine-ripened tomatoes, cut into wedges
- 20g black olives, pitted
- 1 little gem lettuce, sliced
- 200g-250g tinned tuna, or tuna in brine
- 1 lemon, juiced
- 50ml olive oil

- 50g tin of anchovy fillets
- ½tsp Dijon mustard
- 15g basil leaves, picked

1. Bring a pan of water to a rolling boil and cook the potatoes for 15 minutes.
2. Add the eggs to the pan after 8 minutes of cooking—making sure that the shells have been thoroughly washed first. Add the green beans 2 minutes before taking the pan off, so they cook until just-tender.

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3. Drain, peel the eggs, cut into quarters lengthways and put to one side.
4. Tip the potatoes and green beans into a salad bowl, along with the tomatoes, black olives, little gem and flaked tuna.
5. Meanwhile, pour the lemon juice and olive oil, along with the anchovy fillets, Dijon mustard and basil leaves, into a blender. Blitz into a tangy green sauce.
6. Put two tablespoons of the green dressing over the salad and use your hands to toss gently until everything is coated. Taste, and add more if required. Divide the salad between two plates or shallow bowls, and put the eggs on top.

## TRY THIS...

Why not use fresh tuna steaks instead? Rub them with a little oil, sear in a hot pan for 1.5-2 minutes on either side until almost cooked through, slice thinly and arrange on top of the salad.

# Going On A Booze Cruise?

IF YOU'RE THINKING of heading to France for the weekend to soak up some rays, then it's a good excuse to stock up with low-duty wine.

The traditional Nineties booze cruise saw bargain-hunters heading to Calais warehouses where the "pile it high and flog it cheap" mentality presides. Just 50 miles further south along the coast is the beautiful town of Montreuil-sur-Mer, where The Wine Society has an enormous and well-curated shop, guaranteeing a far more relaxing experience.

The savings are considerable. Les Pierres Bordes Marsanne-Viognier 2014 is a great value dry, refreshing white wine—a real crowd-pleaser, and just £5.95 in the UK. Pick it up from Montreuil,



though, and it's £3.64 per bottle.

Another really stand-out bottle which would make a delicious accompaniment to tuna salad Niçoise is The Society's Exhibition Albariño, Rias Baixas 2013—a bit of a treat in the UK at £12.95, but £10.26 in Montreuil. A pinot noir is often paired with tuna too—the Vin de France, Jacques Dépagneux 2011 is an elegant, smooth option and is also a steal at £5.95 per bottle, or £3.64 in Montreuil. But my main

advice is to find a car with a big boot!

■ **Les Pierres Bordes Marsanne-Viognier 2014,** £5.95 (€3.64)

■ **The Society's Exhibition Albariño, Rias Baixas 2013,** £12.95 (€10.26)

■ **Vin de France, Jacques Dépagneux**



## TALKING ABOUT TUNA...

Make sure the tuna fish you use is responsibly sourced. Greenpeace publishes an annual "Tuna League Table" to show which brands are following best practice. The latest results place **Sainsbury's**, **The Co-operative** and **Waitrose** as the three market leaders who sell "clean tuna", which is pole- and line-caught or free of fish-aggravating devices (FADs).



## Honey-Roasted Figs

### Serves 4

The first figs are starting to ripen, sparking excitement about all the possibilities: fig ice cream, fig jam, fig tarts. One of the simplest and most delicious ways to cook figs is to roast them.

- 4 figs, halved lengthways
- 1tbsp runny honey
- 1 orange, zested and juiced
- 20g butter
- Optional: mascarpone, crème fraîche, Greek yogurt
- Optional: walnuts, almonds, pistachios

1. Preheat the oven to 200C and place the figs in a tray skin-side down.
2. Mix together the honey, orange juice and zest.
3. Divide the butter between the figs, putting a small dot on each. Pour over the honey and orange, and roast for 10-15 minutes until warm and sticky.
4. Serve with a dollop of mascarpone, crème fraîche or Greek yogurt, and a few nuts. 🍴

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## BOOK



**Every Day Superfood**  
**Jamie Oliver**, Amazon, £26. Straightforward dishes that are healthy and achievable.

## BARGAIN



**The Good Fish Guide Mobile App**, fishonline.org, Free. The definitive guide to sustainable seafood.

## BLOW-OUT



**Terracotta Large Round Bowl**, Toast, £85. This is the perfect receptacle for a tuna salad Niçoise.