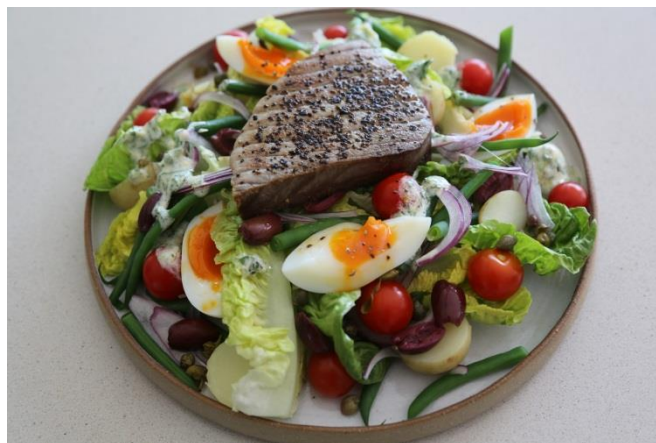


尼斯吞拿魚沙律

Tuna niçoise

份量：2 人

熱量：每份 350 卡路里



走地雞蛋	2 隻（中）
法邊豆	150 克
寶石生菜	2 個，搥開一葉葉
迷你新薯	100 克，焗熟晾涼，切半
紫洋蔥	1/2 個，切絲
車厘茄	100 克，切半
黑橄欖	25 克
酸豆	1 茶匙
黃鱈吞拿魚扒	2 塊（每塊 120 克）
橄欖油	少許
檸檬汁	半個檸檬
海鹽、現磨黑胡椒	少許

沙律醬：

脫脂希臘乳酪	30 克
特級初榨橄欖油	1 茶匙
水	1 茶匙
法式芥末醬	1 茶匙
檸檬皮、檸檬汁	1/2 個，檸檬皮磨蓉
黃糖	少許
普羅旺斯香草	1 茶匙
切碎新鮮羅勒	1 湯匙
切碎扁平葉番茜	1 湯匙

烹飪步驟：

1. 準備一個小煲，雞蛋焗 6 分鐘。取出雞蛋，不用熄火。雞蛋放入凍水中冷卻。
2. 法邊豆放進剛才焗雞蛋的水中，煮 3-4 分鐘。放入凍水中冷卻，瀝乾水份。
3. 準備兩隻碟，平均鋪好生菜、新薯、法邊豆、紫洋蔥、車厘茄、黑橄欖和酸豆。
4. 準備一個坑紋鑊或平底鑊，開中火燒熱。吞拿魚兩面撒上鹽和胡椒調味，一面噴 5 下油。將有油的一面向下落鑊，向上那一面同樣噴 5 下油，每面煎 1-2 分鐘。吞拿魚中間呈粉紅色是正常。
5. 熄火。將吞拿魚放在碟上，擠檸檬汁，讓它放幾分鐘。
6. 取一個小碗，拌勻所有沙律醬的材料。雞蛋去殼，切成三角形。
7. 將雞蛋放在沙律菜上，再放上吞拿魚扒。撒點鹽和胡椒以及沙律醬。

Tuna niçoise

Serving : 2

Calorie: 350 per serving

medium free-range eggs	2
fine green beans	150g
little gem lettuce	2, leaves separated
baby new potatoes	100g, cored, boiled, cooled and halved (or quartered if large)
Red onion	½, thinly sliced
cherry tomatoes	100g, halved
pitted black olives	25g
baby capers	1 tsp
yellowfin tuna steaks	2 (120g each)
Olive oil spray	
Lemon juice	½ lemon
Sea salt and freshly ground black pepper	A little

For the dressing:

Greek yoghurt (0% fat)	30g
extra virgin olive oil	1 tsp
water	1 tsp
Dijon mustard	1 tsp
zest and juice of lemon	½ lemon, zest finely grated
golden caster sugar	A pinch
dried herbes de Provence	½ tsp
basil leaves	1 tbsp, , finely chopped
flat-leaf parsley leaves	1 tbsp, , finely chopped

Procedures:

1. Bring a small pan of water to the boil. Carefully lower in the eggs and cook for 6 minutes. Remove the eggs from the pan (but keep the water boiling) and place them in a bowl of cold water to cool.
2. Add the green beans to the pan with a pinch of salt and cook for 3–4 minutes. Drain the beans, run under cold water to cool, then drain thoroughly.
3. Arrange the lettuce leaves, new potatoes, green beans, red onion, tomatoes, olives and capers on two serving plates.
4. Heat a griddle or frying pan over a medium-high heat. Season both sides of the tuna generously with salt and pepper. Spray one side of each tuna steak with 5 sprays of oil and place, oiled side down, in the pan. Spray the top of each steak with 5 more sprays of oil. Cook for 1–2 minutes on each side; it should still be pink in the middle.
5. Remove from the heat and squeeze over the lemon juice, then lift the tuna out onto a plate and leave to rest for a couple of minutes.
6. Meanwhile, whisk all the dressing ingredients together in a small bowl. Shell the eggs and cut them into wedges.
7. Lay the boiled egg wedges on top of the salad, then add the tuna (breaking it into chunks first if you wish). Sprinkle with salt and pepper, drizzle over the dressing and serve.