

# Classic Seared Tuna

Nicoise

hellóchef

A real Côte d'Azur classic!

Cals 211 • Prot 13 • Carbs 20 • Fat 11

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🕒 cook: 20 min

R2216



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Tuna steaks	350	525	700	Grams
Olive oil	0.5	1	1	Tbsp
Green beans	150	250	250	Grams
Organic Eggs 5*	2	3	4	Pieces
Baby gem lettuce	2	3	2	Pieces
Cherry tomatoes	150	250	300	Grams
Kalamata olives	40	60	80	Grams
Dressing				
Shallots	1	1	2	Pieces
Garlic cloves	1	1	2	Pieces
Olive oil	3	4	5	Tbsp
Dijon mustard 13*	6	9	12	Grams
Red vinegar	15	22	30	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Dried oregano	2	2	2	Grams
Capers	20	30	40	Grams

Allergens

\*5 Eggs, \*13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	886 / 211
Fat (g)	10.5
of which saturates (g)	2.7
Carbohydrate (g)	20
of which sugars (g)	8.5
Fiber (g)	6
Protein (g)	12.7
Salt (g)	1.6

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Remove the **tuna** from fridge and allow it to reach room temperature before cooking. Trim the **green beans**. Chop the **gem lettuce**. Halve the **cherry tomatoes**. Peel and finely slice the **shallots**. Peel and crush the **garlic**.



2 Cook green beans

Cook the **green beans** in boiling water for 5-6 min until tender. Drain, rinse with cold water and set aside.



3 Boil eggs

Meanwhile, cook the **eggs** in boiling water for 5-7 min or until cooked to your liking. Drain, run under cold water and peel once cooled.



4 Make dressing

In a small bowl, whisk together the **olive oil, Dijon mustard, red vinegar, salt, pepper** and a pinch of **oregano**. Add the **shallots, garlic** (sensitive to raw **garlic**? Go easy!) and **capers**.



5 Fry tuna

Heat a large non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **tuna steaks** and fry for 1-2 min on each side. Transfer the **tuna steaks** to a plate to rest for 5 min. Once rested, slice finely.



6 Serve

Meanwhile, tumble the **green beans, gem lettuce, cherry tomatoes, Kalamata olives** and the dressing. Halve or quarter the **eggs**. Serve sliced **tuna** and the **eggs** on top of the salad.