



Nourish Recipe

Salad Nicoise

Servings: 4

Ingredients

4 (8 oz) tuna steaks

1 TBSP olive oil

Arugula salad greens

12 cherry tomatoes, cut in half

14-18 pitted black olives

4 hard-boiled eggs

Dressing Ingredients

½ cup olive oil

2 ½ TBSP lemon juice or vinegar

½ TBSP Dijon mustard



Nice, France

Around the World At Home



No tuna steak? You can substitute for canned tuna or salmon instead.



To help cut calories, lightly drizzle oil over the tuna steak instead of pouring directly into the pan.



Want to take your Salad Nicoise to the next level? Try poached eggs instead of hard boiled.

What you'll need



measuring
spoons



measuring
cups



large non-stick
skillet



large bowl

Salad Nicoise

Instructions

1. In a bowl, whisk together the olive oil ($\frac{1}{2}$ cup), lemon juice or vinegar ($2\frac{1}{2}$ TBSP) and Dijon mustard ($\frac{1}{2}$ TBSP). Set aside.
2. Heat the oil (1 TBSP) in a large non-stick skillet over high heat. Sear the tuna steaks (8 oz) for 1 minute on each side (for rare) or 2 minutes each side (for medium). Remove pan from heat and set aside.
3. Place the arugula greens in a large bowl and mix in just enough of the dressing to coat the leaves.
4. Arrange the arugula on each of 4 plates. Top each with $\frac{1}{4}$ of the tomatoes and olives. Slice each hard-boiled egg and add around the salad. Slice the tuna steak and place on top of each salad. Drizzle the dressing over the tuna steak before serving.

Nutrition Facts

Servings 4

Amount Per Serving

Calories **597**

% Daily Value

Total Fat 38.1g **49%**

Saturated Fat 7.4g **37%**

Cholesterol 243mg **81%**

Sodium 330mg **14%**

Total Carbohydrate 7.5g **3%**

Dietary Fiber 2.8g **10%**

Sugars 4.2g

Protein 57g

Vitamin D 15mcg **77%**

Calcium 177mg **14%**

Iron 5mg **26%**

Potassium 1060mg **23%**



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