

MAKE THIS RECIPE STEP-BY-STEP

INGREDIENTS LIST FOR THE NIÇOISE SALAD

1 pound fresh sushi-grade tuna steak, about 1-inch thick*

1 pound baby red bliss potatoes, scrubbed

6 large eggs

1 ½ teaspoons canola oil

1 large head romaine or green leaf lettuce, cleaned and prepared into bite-size pieces

1 pint grape tomatoes, halved

1 large English cucumber, peeled and sliced on the bias

½ to 1 cup Niçoise olives (or sliced black olives)

1 ripe avocado, sliced or diced

Creamy Balsamic Dressing (recipe below)

1 teaspoon Kosher salt, divided

Freshly ground black pepper

Preparation

- 1 To prepare the Creamy Balsamic Dressing, mix all ingredients together except the olive oil until completely smooth. Then, slowly add olive oil and mix until well blended (alternatively, use an immersion blender). Season to taste with salt and pepper as needed. Cover your dressing and set in the refrigerator until ready to serve the salad.

Cook

- 2 Place your potatoes in a large saucepan and fill to cover with cool water by two inches; add ½ teaspoon kosher. Place the saucepan over medium heat and bring to a boil. Boil for about 15–20 minutes, or until the potatoes are fork-tender. Drain the potatoes and soak them in cold water to cool and stop the cooking process. When cool, cut the potatoes into quarters (or into eighths if they are large) and set aside.
- 3 Meanwhile, while the potatoes are boiling, place the eggs in a separate saucepan. Cover with cool water and place over a medium-high heat. Bring to full rolling boil and then remove from heat and cover for about 12 minutes. Drain the eggs and transfer them to ice water to cool. Peel your eggs and slice them neatly. Set aside.
- 4 Season your tuna with the remaining ½ teaspoon of kosher salt and a few good grinds of black pepper. Place a medium heavy-bottomed skillet over high heat with one to two teaspoons of oil. Once hot, place the tuna in the hot pan and sear for approximately two to three minutes on each side. Be sure to turn the tuna once during cooking. The exterior of the fish should look browned—note that as the tuna cooks, the red meat will become whiter. Do not overcook! Tuna is best served rare with a deep red interior. Transfer your tuna to a cutting board and allow it to rest for five minutes. Once slightly cooled, slice the tuna against the grain into 1/3" thick slices.

* Budget-Friendly Option:
2 cans of high-quality
Italian oil-packed tuna,
drained

INGREDIENTS LIST FOR THE CREAMY BALSAMIC DRESSING -

¼ cup Balsamic vinegar

1 tablespoon Dijon
mustard

1 tablespoon sugar or
honey

1 tablespoon water

1 clove crushed or
minced garlic

1 teaspoon Kosher salt

¼ teaspoon dried basil

¼ teaspoon dried thyme

¼ teaspoon onion
powder

½ teaspoon pepper

¼ cup mayonnaise

1/3 cup olive oil

Plating

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Place the torn lettuce in a large shallow bowl or on a large platter (this can also be plated individually). Place the sliced tuna (or drained, flaked canned tuna) in the center of the lettuce and arrange sliced potatoes, eggs, tomatoes, cucumbers, olives, and avocado around the tuna. Drizzle with your Creamy Balsamic dressing.

Bete'avon!