

Pasta Tuna Nicoise Salad

By Ines Chiarello

Prepare: Poached Tuna

1 ½ lbs Tuna steak
5 cloves Garlic – smashed
Pinch of Red Pepper Flakes
2 cups Olive Oil (more depending on pan size)
2 tsp Salt

Place Tuna in a heat safe pan so that it's a tight fit.
Squeeze Garlic between tuna pieces and sprinkle with salt and red pepper flakes
Add Olive Oil to cover about ½ inch over tuna
Simmer on low 15-20 minutes, then let rest in oil until cool

Prepare: Pasta Salad

1 box (1 lb) Pasta (your favorite shape)
4 raw Eggs (in shell)
4 oz Green Beans (cut in bite sized pieces)

Boil Pasta with Eggs for 10 minutes, then add Green Beans and continue cooking at a rolling simmer until beans are tender. Drain, then set aside to cool to room temperature

Salad Dressing

Oil from Tuna (2/3 cup)
Juice of 2 lemons
1 Tbsp Dijon mustard
2 tsp anchovy paste or 4 anchovies
1 Tbsp Honey
1 tsp Salt and 1 tsp pepper

Blend all ingredients with a Hand Blender

Additional ingredients

1 pint Cherry Tomatoes (cut in half or quarters)
½ cup Kalamata Olives (quartered)
2 Tbsp minced Tarragon
1 bunch Scallions (white part, sliced thin)

Reserving Tuna and Egg, toss the remaining ingredients together and let sit for 15 minutes. Crumble poached Tuna on top. Peel and slice eggs and use as garnish