

Teriyaki tuna nicoise salad recipe

Total time **65 mins** 25 mins preparation time 20 mins marinating time 20 mins cooking time

Nutritional facts (per portion):

1270 kJ / 344 kcal

INGREDIENTS

4 portion(s)

450 g	fresh tuna steaks
4 tbsp	Kikkoman Teriyaki Marinade
450 g	new potatoes
225 g	green beans, trimmed
1 bunch	spring onions, trimmed and chopped
30 g	black pitted olives, sliced
8	cherry tomatoes, halved
4	hard boiled eggs, halved
50 g	baby spinach leaves
1 tsp	wholegrain mustard
	Juice of ½ lemon

PREPARATION

Step 1

Place the tuna steaks in a non-metallic dish and pour over the teriyaki marinade, making sure they are well coated. Leave to marinate for 20 minutes.

Step 2

Meanwhile, boil the new potatoes in lightly salted water for 15-20 minutes until tender. Place the beans in a steamer above the potatoes for 10 minutes. Drain the potatoes and toss in a bowl with the cooked beans. Add the spring onions, olives, cherry tomatoes, eggs and spinach leaves and toss well. Cover and keep warm.

Step 3

Heat a ridged griddle pan and sear the tuna steaks for 2 minutes on each side. Add the excess marinade to the pan with the mustard and lemon juice and sizzle with the tuna steaks for 2 minutes.

Step 4

Flake the tuna over the salad and drizzle with the hot marinade to serve.