

[Stella Cadente](#)

Springtime Nicoise with Fresh Grilled Tuna

Posted by Administrator on March 19, 2012 in [Dessert, other](#)

Serves 6

Vinaigrette:

- 1 clove garlic
- ¼ c parsley leaves
- ¼ c wine vinegar
- 2 tsp Dijon mustard
- 1 tsp salt
- 2 tsp honey
- 1 tsp freshly ground pepper
- ½ c Stella Cadente Persian Lime Oil
- ¼ c Walnut oil

4 4oz. tuna steaks and rub with Stella Cadente L'Autunno Blend Extra virgin olive oil & coarsely cracked pepper

Salad/Vegetables:

- 5 oz baby spinach, washed & dried
- 12 small new potatoes, boiled & quartered
- ½ bunch asparagus, blanched & trimmed
- ½ lb French green beans, trimmed & blanched
- 2 large tomatoes, cut in wedges
- 4 large eggs, boiled, peeled, and quartered
- ½ c Nicoise or other black olives, pitted
- 1 ½ Tbsp capers, rinsed...anchovies optional

Make the vinaigrette: In a food processor, mince the garlic & parsley. Add the vinegar, Dijon mustard, salt, honey, and pepper. In a steady stream, add Stella Cadente Persian Lime Oil & walnut oil while processing & whisking. Chill dressing until ready to use.

Preheat grill or broiler. Rub tuna steaks with small amount of Stella Cadente L'Autunno Blend Extra Virgin olive oil & pepper. Chill until ready to cook.

Assemble salad on a large platter. Build a base of spinach, then arrange remaining vegetables, eggs, olives, and capers, leaving several spots for tuna. Grill tuna on medium high for about 6 minutes per side, or to desired doneness. Top the salad with the tuna, pour vinaigrette over it all and pass optional anchoives at the table.

Modified from TASTE for Life, March 2005

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