

# Mediterranean feast with lime vinaigrette

(Serves 4)

## Ingredients

- 400g Potatoes, baby, new, whole
- 1/2 tsp Salt, reduced sodium
- 225g Green beans, whole, trimmed
- 4 Eggs, medium
- 100g Lettuce, iceberg
- 1 Pepper, red, deseeded & chopped
- 1 x 160g tin Tuna in spring water (Princes)
- 200g Tomatoes, cherry, halved
- 4 in piece Cucumber, sliced & quartered
- Handful Basil, fresh, chopped
- 50g Olives, black, pitted (optional)
- 3 tbsp Oil, Olive, napolini
- 2 tbsp White wine vinegar
- 2 Limes, zest & juice
- 1 tsp Mustard, dijon
- 1 tsp Sugar, caster
- 1/4 tsp Black pepper

## Preparation

1. Cook potatoes, with skins on, in boiling water with the 1/2 tsp salt for 10-15 minutes until tender.
2. Cook green beans in boiling water for 8 minutes until tender.
3. Drain & rinse both potatoes & green beans under cold water & leave to cool.
4. Boil eggs in boiling water for 10 minutes. Rinse under cold water & leave to cool.
5. Cut lettuce into bite size pieces. Wash under cold water & pat dry on a kitchen towel.
6. Arrange lettuce on 4 large plates or 1 large platter.
7. Shell eggs & cut into 4.
8. Arrange beans, potatoes, eggs & peppers on top of lettuce.
9. Drain tuna & flake into small pieces. Add to plates along with tomatoes, cucumber & basil.
10. Add olives if used.
11. Make vinaigrette: Place olive oil, white wine vinegar, lime juice & zest, mustard, caster sugar & black pepper into a screw top container.
12. Shake container until all ingredients are thoroughly mixed.
13. Spoon vinaigrette over prepared salad to taste.
14. Serve.

**TOP TIP:** This dish really lives up to its name as a "feast". Make sure you are hungry when you make this dish!

**NUTRITIONAL VALUES  
PER SERVING**

Calories 345  
Total Sugars 8.38g  
Total Fats 17.91g  
Saturated Fats 3.55g  
Salt 1.02g  
Fruit & Veg 2.5