

Chef Abraham 是一名精通中西餐的厨师。因为工作的关系，他经常会吃到很多油腻的食物，很容易增磅。因此，偶尔会以沙拉来代替其中一顿正餐，来维持身材。他所设计的这道沙拉加入了香煎吞拿鱼片，沾了盐和胡椒碎的鱼片，外层在热煎后散发着诱人的香味，让本身喜欢锅气食物的陈师傅，在食用清淡沙拉的时候也可以“慰藉”他的味蕾。

他结合了清爽的青蔬与樱桃番茄，给予饱足感的马铃薯和鸡蛋，加上鲱鱼碎和酸豆等提味，伴以特调的柠檬芥末酱，让沙拉变得不再单调。



### 香煎吞拿鱼沙拉佐柠檬芥末酱

4人份

#### 用料

橄榄油5毫升、新鲜吞拿鱼或三文鱼100克、盐少许、胡椒碎少许、小四季豆(切成3公分长条)、水煮蛋1个(切长块)、腌渍黑橄榄5克、酸豆5克、马铃薯50克(煮熟切丁)、樱桃番茄30克、腌鲱鱼2条(切碎)、综合沙拉叶10克

#### 柠檬油醋酱

法式第戎芥末酱5克、白醋3毫升、柠檬汁5毫升、柠檬皮屑1小匙、红葱茸5克、橄榄油10毫升、盐少许、胡椒碎少许

#### 做法

1. 烧热橄榄油。把盐和胡椒碎撒在吞拿鱼上，放入锅内，每一面大约煎30秒钟，取出切片。
2. 把小四季豆汆汤约1分钟，沥干浸泡在冰水一会儿，取出待用。
3. 准备柠檬油醋酱：把第戎芥末酱、醋、柠檬汁、柠檬皮屑和红葱茸拌匀，慢慢地搅入橄榄油直至酱汁乳化，加入盐和胡椒碎调味。
4. 把小四季豆、黑橄榄、酸豆、马铃薯、樱桃番茄、鲱鱼和少许柠檬油醋酱拌匀，加入盐和胡椒碎调味。
5. 把用料盛盘，铺上吞拿鱼片和鸡蛋，撒上盐和胡椒粉，缀以综合沙拉叶。
6. 淋上少许酱汁后即可食用。

### Pan-Seared Tataki of Tuna with Green Salad and Citrus Mustard Dressing

serves 4

#### Ingredients

5ml olive oil, 100g fresh tuna or fresh salmon, some salt, some crushed pepper, 20g baby fine beans (cut into 3cm sections), 1 boiled egg (cut into wedges), 5g black olives, 5g capers, 50g potatoes (boil and cube), 30g cherry tomatoes, 2 marinated anchovy fillets (chopped), 10g salad greens

#### Citrus Vinaigrette

5g Dijon mustard, 3ml white vinegar, 5ml lemon juice, 1 tsp lemon zest, 5g shallots (chopped), 10ml olive oil, some salt, some crushed pepper

#### Method

1. Heat up olive oil. Season tuna with salt and pepper. Pan-fry each side for about 30 seconds. Remove and slice.
2. Blanch baby fine beans for about 1 min. Drain and immerse in ice water for a while. Remove and set aside.
3. Prepare Citrus Vinaigrette: Combine Dijon mustard, vinegar, lemon juice, lemon zest and shallot. Stir well. Slowly stir in olive oil until the dressing emulsifies. Season with salt and pepper.
4. Toss baby fine beans, black olives, capers, potatoes, cherry tomatoes and anchovies together with some Citrus Vinaigrette. Season with salt and pepper.
5. Place all tossed ingredients on plate. Lay tuna and egg on top. Sprinkle with salt and pepper. Garnish with salad greens.
6. Drizzle with some dressing and serve.