



Photos: Bryce Zhang

SEARED TUNAKAKA TUNA PRAWN & THREE POTATO NICOISE SALAD

4 PORTIONS

- 400g Tuna (tinned can be subbed)
- 12 King prawns
- 400g Potatoes: Urenika, Cliff's Kidney & Moe Moe, or what you have
- 4 Boiled eggs
- 16 Olives
- 16 Blanched green beans
- 8 Cherry tomatoes
- 4 Leaves of cos lettuce
- 4T Mayonnaise
- 1T Black olive paste

METHOD

1. Boil potatoes and leave to cool.
2. In a large bowl carefully mix the potatoes, olives, lettuce, beans and tomatoes. Season with salt and pepper.
3. Cut eggs into 4 wedges, sauté prawns and sear the tuna to your liking.
4. Mix the mayonnaise and olive paste to form a dressing.
5. On four plates arrange the salad, then top with the eggs, sliced tuna, prawns. Add the olive mayonnaise on the side or drizzled over, then finish with good olive oil, Enjoy!

Remember to support our local growers at the markets. The fresher your ingredients, the better it is for you – and the taste is far superior.

COOKING TIPS & VARIETIES

GENERAL

- Cut potatoes into smaller pieces so they will cook at the same rate.
- Reduce the size if you are in a hurry.
- Try using unpeeled potatoes for roasting, boiling or in salads.
- Cook more than you need, they are great the next day.
- 'Smashed' potatoes – unpeeled potatoes, slightly mashed. Try them!

BOILING

- Don't boil too hard, potatoes will break up.
- Once boiling, reduce heat to simmer gently.
- For better flavour add dressing to potato salad ahead of time to allow flavours to be absorbed.

MASHING

- Choose the correct potato for the job.
- Vary what you add to your mash. Milk, butter and cream are great. Try herbs, yoghurt, sour cream, spring onion etc.
- Don't overwork the potato. Season well.

BAKING

- Pierce the skin before baking.
- Microwave beforehand to reduce cooking time.
- Scoop out centre and mix with fillings. Add cheese, then grill.

ROASTING

- Keep the amount of fat to a minimum.
- Boil first, then rough up a little, they will be so much more crispy.



There's nothing quite like freshly dug, firm new potatoes. With the advent of growers markets you can pretty much get them every week. As public demand grows, so does the number of varieties available. However, supply and packaging has come a long way, with supermarkets having bigger ranges all year round.



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