

## Tuna Nicoise

### Ingredients

6ozs tuna steak  
1 tsp olive oil  
1 tbsp basil  
1 roma tomato, rough chop  
¼ cup frozen precooked green beans, thawed  
  
4 canned new potatoes, halved  
2 tbsp nicoise olives, pitted and rough chopped  
  
1 tsp capers, rough chop  
1 tsp garlic, minced  
1 tbsp basil, medium chop  
1 tbsp olive oil  
Pinch of salt and pepper

### Method

Season tuna by lightly coating with olive oil, salt, pepper, and basil on both sides.

Place remaining ingredients in the convectionware, season with salt and pepper, and stir to combine. Place tuna in the middle of the vegetable mixture.

Secure the convectionware lid and place in a preheated 450 degree oven for 15 minutes.