

Tuna and California Wild Rice Nicoise – Gibbs-California Wild Rice

Lyndsi Patterson

By Published: August 13, 2012

- **Yield:** 6 Servings

Perfect on a hot summer day, this cool, refreshing salad can be served as a main course for lunch or as a light dinner.

Recipe courtesy of: California Wild Rice Advisory Board

Ingredients

- 4 [fresh ahi tuna steaks](#)
- 1 cup [water](#)
- 1/2 tsp [salt](#)
- 1/2 tsp [white pepper](#)
- 1 sprig [fresh parsley](#)
- 1 sprig [fresh tarragon](#)
- 1 sprig [fresh thyme](#)
- 3 cups [California Wild Rice](#) *cooked*
- 8 [sun-dried tomatos](#) *rehydrated and julienne*
- 3 [green onions](#) *chopped*
- 3 [tbsp fresh parsley](#) *chopped*
- 1 lb [mixed baby greens](#) *or butter lettuce*
- 3 slices [pancetta](#) *optional*

Instructions

1. **Dijon Vinaigrette:** 1/4 cup sherry vinegar or other wine vinegar 1 tsp dijon mustard 1/2 cup olive oil salt and pepper Mix well to blend. Set aside.
2. Rinse fish and pat dry.
3. In large sauté pan, combine wine, water, salt, pepper, parsley, tarragon, and thyme. Bring to boil and boil 2 minutes.
4. Add tuna steaks; reduce heat and simmer covered 10 minutes or until fish is cooked through.
5. Remove fish from liquid and cool. Break into bite-sized pieces and set aside.
6. Combine cooked wild rice, sun-dried tomatoes, green onions, chopped parsley, tuna and Dijon vinaigrette; toss to mix well. Cover and chill until ready to serve.
7. To serve, place a mound of baby greens on each plate. Spoon wild rice mixture over mixed baby greens and garnish with pancetta.