

# Tuna and green olive loaf



6 people

20 min preparation time

60 min cooking time

## All ingredients

**2 tins of 139g** la belle-iloise natural albacore tuna

**3** eggs

**150g** wheat flour

**1** baking powder

**100g** crème fraîche

**100g** pitted green olives

**2** onions

**1 tablespoon** olive oil

**1 teaspoon** salt

**2 pinches** ground pepper (or five-peppercorn mixture)

**3 pinches** of Herbes de Provence

Optional: **30g** Parmesan, chopped parsley and **a few pinches** of 4-spice mixture (or allspice), curry or couscous spices

## Steps

- 1- Preheat the oven to 160 °C (gas mark 3)
- 2- Fry the thinly sliced onions in the olive oil
- 3- In a bowl, mix the eggs with the flour, baking powder, salt and pepper until there are no lumps
- 4- Add the cream, mix thoroughly
- 5- Add the flaked tuna, herbs, and the olives cut into slices
- 6- Butter and flour a loaf mould and pour in the mixture
- 7- Bake for 50 minutes to an hour. Check the cooking by inserting the tip of a knife into the centre: it should come out hot and dry
- 8- Leave to cool and keep covered in the refrigerator
- 9- Cut into 1 cm slices