

Tuna and green olive loaf



6 people

20 min preparation time

60 min cooking time

All ingredients

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

3 eggs

150 g wheat flour

1 baking powder

100 g crème fraîche

100 g 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: **30 g** 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