

# Tuna and Olive Baguette Sandwich

Printed from Tuna Recipes at <http://www.tunarecipes.net/>

*This is an amazing Mediterranean sandwich full of bright flavors and tender tuna. It is best to use fresh tuna steaks if you can but if not canned works well too. Makes one 6 inch sandwich.*

## Ingredients:

1 4 ounce tuna steak  
1 cup white wine  
1 cup water  
juice of one lemon  
1 teaspoon each salt, pepper, garlic powder, onion powder, and parsley flakes  
1 6-inch long baguette  
1/2 cup assorted olives, chopped fine  
2 tablespoons good quality olive oil, first pressing or similar  
1 tablespoon balsamic vinegar  
1 leaf green leaf lettuce

## Directions:

1. In a small sauce pan heat the water, wine, lemon juice, and seasonings.
2. Bring the liquid to a boil and then drop the tuna steak into the water, turn down to a low simmer. Cook until fully cooked, about 6 minutes.
3. Meanwhile, heat the bread until warm in the oven. Cut down the center to make a sandwich.
4. Spread the olives along the bottom half of the bread.
5. Once the tuna is cooked remove it from the water and flake into large chunks. Place on the bread on top of the olives.
6. Sprinkle with salt and pepper and then drizzle with olive oil and vinegar.
7. Add the lettuce and enjoy the sandwich warm.

*Author: Rachael Daylong*