# **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