

# Lebanese tuna served in a glass



10 people

10 min preparation time

cooking time

## All ingredients

**2 tins of 80 g** la belle-iloise "Flavours of the Garrigue" flaked Tuna  
**200 g** cooked chick peas  
**70 g** chickpea liquid  
**3 teaspoons** lemon juice (8 g)  
**3 teaspoons** sesame oil (8 g)  
**2 pinches** salt  
**1 pinch** pepper  
**2 tablespoons** olive oil (10 g)  
**1/2** dried tomato  
A sprig of thyme for decoration

## Steps

- 1- Finely blend the chick peas with the liquid, lemon juice, sesame oil, salt and pepper
- 2- Divide between the glasses
- 3- Cover with the flaked tuna
- 4- Top with a thin slice of dried tomato, a few drops of olive oil and a sprig of thyme for decoration