

Calanques salad with tuna



4 people

10 min preparation time

15 min cooking time

All ingredients

- 2 tins of 160 g** [la belle-iloise tuna in extra virgin olive oil](#)
- 60 g** Basmati/wild rice mixture (170 g cooked)
- 3 halves** dried tomatoes (approx. 20 g)
- 8** pigeon heart tomatoes (approx. 120 g)
- 1 small raw** fennel bulb (approx. 25 g) or grilled aubergine antipasti
- 5 pinches** chopped parsley (3 g)
- 1 clove** garlic (5 g)

Steps

- 1- Cook the rice for 15 minutes, drain and cool
- 2- Fry the chopped garlic in some of the oil from the tuna, add the dried tomatoes cut into thin strips and the flaked tuna
- 3- Off the heat, add the finely diced raw fennel, the drained rice, the tomatoes cut into quarters and the chopped parsley
- 4- Season to taste
- 5- Transfer the mixture to shot glasses
- 6- Decorate with a basil leaf or fennel top before serving.