

ROMAN SALAD

with cannellini beans, preserved tuna, cherry tomatoes and red onion

Make sure you use our Callipo tuna when making this recipe! Callipo is a family-owned company that uses premium quality yellow-fin tuna. Since 1913 Callipo has been a leading producer of tuna. This is the tuna to seek out when you want to enjoy tuna at its finest. Entirely processed in Italy

Go to medifoods.co.nz and sign up to our Foodclub for more recipes and special offers!

ROMAN SALAD



Serves

4 people

Ingredients available at Mediterranean Foods

Ingredients

- 2 Tins of cannellini beans
- 2 Tins of 80g oil preserved Callipo tuna preserved in oil
- 1 Tablespoon of balsamic vinegar
- 1/2 Teaspoon of salt
- 1 Punnet of cherry tomatoes
- 1 Red onion thinly sliced
- 10 Leaves of fresh basil
- 1. Drain and rinse the cannellini beans and place them in a large bowl.

 Wash the cherry tomato and cut them in half. Place the cut tomato with the beans.
- 2. Open the tuna and drain the oil in a smaller bowl. Place the tuna with the tomatoes and beans.
- 3. Add the sliced onion and with your hands tear the basil leaves and add them in to the bowl.
- 4. Pour the balsamic vinegar into the small bowl with the oil from the tuna and whisk energetically. Season the salad with salt and freshly ground black pepper.
- 5. Pour the dressing all over it and mix thorough.

Buon Appetito!









