



SEARED SUSHI GRADE ALBACORE TUNA

with roasted chickpeas and Mediterranean vinaigrette.

2 portions of Albacore tuna (170grams each)
5ml canola oil
salt and pepper

Begin by preparing the Mediterranean Vinaigrette, and the mise en place* for the olive oil roasted chickpeas, then proceed with the preparation of the tuna below.

On a clean surface, season all sides of your tuna loin with salt and pepper. Heat a non-stick sauté pan at high heat, add canola oil. Lightly sear each side of the tuna for no more than 10 seconds per side. Once each side of the tuna loin is seared, remove from the pan and place on a clean cutting board.

MEDITERRANEAN VINAIGRETTE

15ml kalamata olives
15ml sun dried tomato
15ml fennel
15ml capers
30ml extra virgin olive oil

Cut all ingredients in a small dice and mix together with olive oil.

OLIVE OIL ROASTED CHICKPEAS

250ml cooked chickpeas
1 red pepper (diced)
1 clove garlic (minced)
70gr spinach
15ml olive oil
salt and pepper

Heat a sauté pan on medium heat, add olive oil and peppers and sauté for 1 minute. Add chickpeas (we've already roasted them for you.), cook for 3 to 5 minutes, until chickpeas are hot, add minced garlic and cook for an additional 2 minutes. Add spinach and toss until spinach lightly wilts. Add salt and pepper to taste.

To serve, place chickpeas in the center of your dish, slice the tuna and place on top of chickpeas. Spoon a generous amount of vinaigrette on and around the tuna.

**Mise en place is a French culinary phrase which means "putting in place" or "everything in its place". It refers to the setup required before cooking, and is often used in professional kitchens to refer to organizing and arranging the ingredients.*