Lebanese Tuna verrine





10 people | 10 min preparation time | cooking time

All ingredients

2 tins of 80g la belle-iloise “Flavours of the Garrigue” flaked Tuna
200g cooked chick peas
70g chickpea liquid
3 teaspoons lemon juice (8g)
3 teaspoons sesame oil (8g)
2 pinches salt
1 pinch pepper
2 tablespoons olive oil (10g)
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