

tuna and white beans with basil dressing

summer



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EST 1981. SYDNEY FISH MARKETS PYRMONT

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Serves 4

100 g (2 handfuls) rocket
1 small red capsicum, cut into julienne strips
1 small red onion, chopped
310 g tin cannellini beans, drained and rinsed
125 g cherry tomatoes, cut into halves
2 tablespoons capers, rinsed and squeezed dry
300 g fresh tuna fillets

Basil dressing

1 tablespoon lemon juice
1 tablespoon white wine
60 ml (1/4 cup) extra virgin olive oil
1 garlic clove, crushed
2 tablespoons chopped basil
1/2 teaspoon sugar

Sear the tuna on both sides, then slice thinly. (Salmon works also). Trim any long stems from the rocket, rinse, pat dry and divide among four serving plates.

Lightly toss the capsicum in a large bowl with the onion, beans, tomatoes and capers. Spoon some onto each plate, over the rocket, then scatter tuna over each.

For the dressing, thoroughly whisk all the ingredients in a bowl with 1 tablespoon of water, 1/4 teaspoon of salt and freshly ground black pepper, to taste. Drizzle over the salad and serve with bread.

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