

VIOLET OON COOKS

for SNSA

final edits 151020 (FOR VIDEO)

ITALIAN BEAN AND TUNA SALAD

A delicious vegetable dish to be eaten on its own with whole romaine lettuce leaves to wrap the salad

ORIGINS: Italian

Why selected: This dish is delicious and the Italian flavours with a hint of sourness add lots of flavour profile to a healthy dish. There is also hardly any cooking if you use ready cooked white beans from a can, or you can soak dried beans and boil them till soft

SERVES: 1-2 PERSONS AS PART OF A MEAL, EATEN WITH RAW ROMAINE LETTUCE LEAVES

FOR PROTEIN: the canned tuna adds lots of protein

INGREDIENTS:

200g dried white lima beans or cannellini beans
3 cups water, or more
100g whole red onions, peeled and thinly sliced
50g red capsicum, sliced
50g yellow capsicum, sliced
3 tbsp balsamic or red wine vinegar or a combination of both
¼ cup olive oil
¼ tsp salt
1 tsp freshly ground black pepper
100g drained tuna chunks (from a can) in water
10 Italian basil leaves

METHOD

1. Wash beans, put in a pot with the water. Bring to the boil and boil for 2 minutes. Turn off heat, cover and leave for 1 hour. Cover and heat to boiling and then lower heat and simmer for 1 ½ hours and add more water to keep the beans covered during cooking. Test for doneness, drain and put beans in a bowl.
2. Add onions, balsamic vinegar, capsicums, salt and pepper. Toss and arrange on a serving dish. Break up the tuna chunks and put on top.
3. Slice 5 basil leaves, sprinkle on top and garnish with the remaining whole basil leaves.
4. The salad tastes more delicious if chilled for a few hours or overnight before eating. Serve with raw lettuce leaves to make a complete meal for 2 persons.