

First Ray Recipes

Warm Potato, Olive & Tuna Salad

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

Ingredients:

380g chat (small coliban) potatoes, cut into 1cm-thick slices

150g green beans, topped

½ cup of **Organico Olives Provencale**, drained

2 tomatoes, cut into wedges

½ cup of **Organico Artichoke Hearts**, drained

1 coslettuce, leaves separated, washed, dried, torn

1 1/2 tbs of **Raw Kalamata Olive Oil**

1 1/2 tbs fresh lemon juice

3 cloves of **Organico Kickin' Garlic**

Salt & freshly ground black pepper

2 tins of **Fish 4 Ever Yellowfin Tuna in Brine, Sunflower Oil or Olive Oil**

(if you would prefer a tuna with a stronger flavour, then please use our Skipjack Tuna)

** We recommend using organic ingredients where possible*

Method

1. Place the potatoes in a medium saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Cook, partially covered, for 4-5 minutes or until just tender.
2. Meanwhile cook beans in a medium saucepan of salted boiling water for 1-2 minutes or until tender crisp. Drain and refresh under cold water.
3. Place the potatoes, beans, olives, tomatoes, artichokes and lettuce in a large bowl and toss to combine. Set aside. Whisk the oil, lemon juice and garlic together. Taste and season with salt and pepper.
4. Flake the tuna into the salad mix and then add the lemon mixture and toss gently to combine.

