



TUNA TAPENADE

INGREDIENTS

- 1 can of tuna
- 1 tomato
- 2 dried tomatoes
- 2 tablespoons of capers
- 20 grams of parsley
- 1/4 of red chili pepper

DIRECTIONS

Slice the tomato in fours and remove the seeds. Slice the tomato in small cubes.

Chop the dried tomatoes very fine. Chop the capers rough and the parsley fine.

Put the tuna in a bowl and loosen it with a fork. Stir the tuna with the tomato cubes, dried tomato, capers and parsley till a tapenade.

Season with some black pepper and dilute with 1-2 tablespoons of olive oil.

DIP

6-8 PERSONS

TIME: 8 MINUTES

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