

By: Miguel Ángel Mateos



White tuna breast salad with tomato and White Garlic.



DIFFICULTY
LOW



TYPE OF CUISINE
MEDITERRANEAN



Nº OF SERVINGS
4



TYPE OF DISH
STARTER



PREPARATION TIME
15 MINUTES



VARIETY OF GARLIC
WHITE

Ingredients

- 2 cloves of white garlic
- 1 tin of white tuna breast in olive oil
- 4 large Raf or Rosada tomatoes
- 50g strawberries
- Fleur de sel
- Extra virgin olive oil
- Sherry vinegar
- Mint leaves

Step by Step



1. Peel the cloves of white garlic, and cut them into very small pieces.
2. Remove the stems from the strawberries, wash them and chop them.
3. Wash the tomatoes, remove the stems and cut them into slices of roughly the same thickness.
4. Put one part sherry vinegar to three parts olive oil in a bowl, with a pinch of salt and the chopped garlic. Mix well until it is fully incorporated.

FINISHING THE DISH:

5. In a shallow dish, lay out the slices of tomato in a row, placed lightly one on top of the other so that they stay in place.
6. Put the white tuna breast on top of them. The amount should be to the liking of the individual.
7. Put the strawberries on top and dress with vinegar and oil dressing.
8. Sprinkle a little salt and decorate with a few mint leaves.



CHEF'S TIPS Miguel Ángel Mateos:

- The strawberries add sweetness and freshness to the dish in a very balanced way.
- You can add a teaspoon of honey to the vinaigrette so that it binds better and adds something extra to the dish.
- In the same way, adding a little well-chopped black garlic to the vinaigrette will make the dressing very tasty, although it will slightly change the colour.
- The mint can be substituted for parsley, fennel... to the taste of each diner.