



Broad beans with Bluefin Tuna and Morado Garlic.



DIFFICULTY
EASY



TYPE OF CUISINE
MEDITERRANEAN



SERVES
4



TYPE OF DISH
MAIN



PREPARATION TIME
60 MINUTES



VARIETY OF GARLIC
MORADO

Ingredients

- 1 Morado Garlic bulb
- 200 g Bluefin tuna
- 400 g fresh beans
- 50 g flour
- 250 g vegetable or chicken stock
- Salt
- Extra virgin olive oil

Step by Step



1. Peel and chop the cloves of garlic.
2. Dice the chunk of tuna into pieces more or less the same size.
3. Peel the beans.
4. Place a saucepan over a medium heat, add a trickle of oil and, when lukewarm, add the garlic. When they start to brown, add the flour and stir until a smooth paste is formed.
5. Add the stock and stir until the mixture thickens. Then, add the beans.
6. Bring to the boil, add salt as needed and then remove from the flame. Add the tuna and slowly stir until it changes colour.

FINISHING DISH:

7. Lay a base of beans in a deep dish and add a little sauce. On top of that, add a few chunks of tuna.

CHEF'S TIPS Miguel Ángel Mateos:

- Do not overcook the tuna as this will change its texture and it will become dry.
- You can change the fish you use, substituting for cockles, clams, mussels etc.
- If you cannot find seasonal beans, you can substitute them for tinned beans.