



Italian Chamber of Commerce of Ontario - 622 College Street - Suite 201 F – Toronto, ON - M6G 1B6
Tel: +1-416-789-7169 - Fax: + 1-416-789-7160 - www.italchambers.ca

Italian Chamber of Commerce of Ontario (Italian offices) Milano - Udine - Verona

Seared Tuna With Chickpea Salad And Gremolata

Serves 4

For The Salad:

200 gr.	Longo's Arugula And Spinach Salad
4 Tbl.	Longo's Canned Chickpeas – Drained And Rinsed
6 Oz.	Heirloom Cherry Tomatoes
6 Oz	Green Beans, or Fava Beans - Blanched And Cut Into ½" long Pieces
5 Oz.	Small Black Olives
2 tsp.	Capers
1 Pc.	Cucumber – Peeled With A Vegetable Peeler Into Long Strips.
150 ml.	Longo's Olive Oil
50 ml.	White Wine Vinegar

- 1.) Mix the chickpeas, tomatoes, beans, olives and capers together in a bowl.
- 2.) Dress the vegetables with the olive oil, vinegar and parsley and toss well.
- 3.) Set aside until you are ready to plate the salad.

For The Gremolata:

½ Cup	Flat Leaf Parsley – Washed, Picked And Chopped Very Fine
½ Cup	Lemon Zest
½ Cup	Fresh Garlic – Diced Very Fine

- 1.) Mix all the ingredients together in a small bowl.
- 2.) Smell the mixture, you should not be able to smell any one ingredient over the others. If one ingredient is stronger than the others, add more of the other ingredients until it smells balanced.



Italian Chamber of Commerce of Ontario - 622 College Street - Suite 201 F – Toronto, ON - M6G 1B6
Tel: +1-416-789-7169 - Fax: + 1-416-789-7160 - www.italchambers.ca

Italian Chamber of Commerce of Ontario (Italian offices) Milano - Udine - Verona

For The Tuna:

1.5 Pounds Fresh Tuna Loin – 4 Pcs. At 6 Oz. +/-
2 Tbl. Longo’s Olive Oil
1 Lemon Zested
1 Pc Shallot – Very Finely Diced
1 tsp. Capers- Finely Chopped
1 Tbl. Freshly Ground Black Pepper

- 1.) Mix all the ingredients except the tuna on a shallow dish to make a marinade.
- 2.) Marinade the tuna for 1 hour before cooking.
- 3.) Cook on high heat on a pre-heated grill, trying not to move the pieces too much.
- 4.) The fish should cook about 2 minutes per side.
- 5.) let the fish rest for 2 minutes, slice and place on top of the salad.

To Plate The Salad:

- 1.) In the centre of the plate, make a ring with the cucumber ribbons.
- 2.) In the bottom of the ring, place 1 tablespoon of the vegetable mixture and flatten it out.
- 3.) Fill the ring with the arugula and spinach mixture.
- 4.) Top with another tablespoon of the vegetables.
- 5.) Slice the tuna and gently place it on top of the salad.
- 6.) Sprinkle the Gremolata on top of the tuna and serve.