

Mediterranean Tuna Platter



Ingredients (serves 1): 1 hard-boiled egg, 1 small tin of tuna in brine, 1 portion rocket (rucola), 1 portion of chopped fennel (finocchio), 5-6 olives, 2-3 sun-dried tomatoes (or fresh tomatoes in season)

Dressing: Extra-virgin olive oil, apple cider vinegar*, salt & pepper

Preparation: 10-12 minutes

1. Add egg to pan of boiling water and cook for <10 minutes and leave to cool.
2. Prepare a plate with the remaining ingredients and dress with oil & vinegar and seasoning with salt and pepper.
3. Peel and cut the egg in half and add to the platter.
4. Serve with 1 slice of wholegrain bread if desired.

*Apple cider vinegar is a prebiotic food which provides a helpful support to intestinal microflora, and digestive processes.