

Warm salad of Jerusalem artichoke, spinach & tuna (2 serves)

Ingredients

- ♥ 2 handfulls Jerusalem artichoke, washed with a brush & cut in bites
- ♥ 2 generous handfulls washed spinach, largely cut (radishes leaves also do great as per the photo)
- ♥ 4-5 rosemary springs (fresh or dried)
- ♥ 2 teaspoons lemon zest (largely grated)
- ♥ 2 t.s. capers (buds or fruit)
- ♥ freshly ground black pepper & sea salt to taste
- ♥ 1 small jar/tin tuna fish fillet in brine
- ♥ 2 t.s. simple EVOO (extra virgin olive oil)

For the dressing

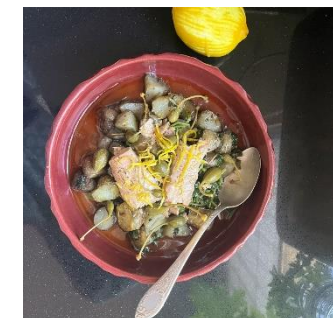
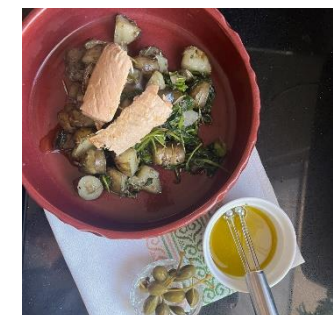
- ♥ 3 t.s. expressive* EVOO
- ♥ juice ½ lemon
- ♥ freshly ground black pepper & sea salt to taste

Preparation

- ♥ Sauté the Jerusalem artichoke with rosemary, pinch of pepper and salt in 2 t.s. EVOO and until golden. Alternatively roast in the oven for 20-25 min. at 180C
- ♥ Blanche the greens in a pot with boiling salted water. Remove from fire and leave for 4-5 min. to soften. Transfer to a strainer and rinse with cold water. Leave to drain
- ♥ Prepare the dressing with a whisk to get a creamy texture
- ♥ Join the veggies and dressing in a bowl and mix well. Season with the lemon zest and capers.

The salad is ready to get served!

*The Greek cultivars Koroneiki, Chalkidiki, Makri/ Maroneia, Kolovi, Patrini, as well as the Spanish Hojiblanca are a wonderful partner to this salad with earthy flavours. The Italian Casaliva and Nocellara and the early harvests are an excellent sensorial complement with their expressive fruitiness and Pungency



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