



Smoked Tuna Tartare in a Pea and Ginger Coulis (Starter)

Quantity	Ingredient	Kcal per 100 g	Kcal per portion
80 g	Smoked tuna	225	45
10 g	Shallots, diced	70	2
10 g	Wine vinegar	20	2
2 g	Black pepper	238	1
5 g	Diced parsley leaves	37	2
250 g	Peas	90	57
20 g	Ginger	82	4
75 ml	Water	0	0
40 g	Cucumber	12	12
			<b>125 Kcal</b>

**Preparation:**

Cut the smoked tuna into very small cubes. Add the diced shallots, vinegar, pepper and parsley. For the coulis, combine the peas, water and ginger (whole) in a pot. Let this mixture boil for 15 minutes. Remove the piece of ginger and purée the liquid using a hand-held blender. Pour the coulis into a deep plate. Fill a ring mould (or similar form) with the smoked tuna and garnish with grated cucumber. This recipe serves 4.