



BASSAMESE SALAD

□ **Ingredients serve 4 :**

- 300g of dehydrated RACINES Attiéké
- 2 tomatoes
- 1 bouquet of chive
- 1 bouquet of parsley
- ½ bouquet of mint
- 200g of tuna in brine
- 1 lemon
- 2 soup spoonfuls of oil
- ½ soup spoonful of vinegar
- salt • pepper

RECIPÉ

1- Preparation of the Attiéké:

Pour 300g of dehydrated RACINES attiéké in a bowl. Add 240 ml of tepid water and stir delicately. All the water must be absorbed.

Cover and allow to settle 5 to 8 min. The attiéké recovers its initial volume.

Warm on very sweet fire (microwave) or on the vapor (with a steamer) during 5 min. while shelling with a spatula or a fork to avoid that grains to stick.

2- Preparation of the garnish :

Finely chisel the herbs (chive, parsley, mint). Mix the crumbled tuna, the attiéké, the diced tomatoes and the herbs in a bowl. Place in a fresh place.

For the sauce, pour on the salt and pepper, the lemon juice, vinegar and oil.

Mix this sauce and the salad just before serving. You may add some lettuce leaves, according to your taste.

It's ready to serve!



Other entrées :

