

GRILLED WATERMELON CANNELLONI WITH SALTED WHITE TUNA, CHEESE AND AVOCADO (4 PEOPLE)



Ingredients:

1/2 fresh watermelon - 80 g goat's cheese - 1 tablespoon culinary cream - 100 g salted albacore tuna - 60 g quinoa - 1 small avocado - 40 g roasted pumpkin seeds - 15 g roasted black sesame seeds - 20 g tender chard, grated carrots and red cabbage sprouts (decorative mix) - 1 tablespoon first-press olive oil

Preparation:

- Cut the sides of the watermelon into a cube; using a butter knife, cut thin slices into flat squares (similar to a pastry square). Place these watermelon squares on a baking tray for a few seconds, with a few drops of olive oil; turn them over several times and leave to cool.
- Mix the cheese in the blender.
- Peel and mash the avocado. Remove any bones from the fish and cut into long, thin strips.
- Place the cooked watermelon on a plastic film. Place the cream cheese, pumpkin seeds and small pieces of white tuna in the middle. Roll up and set aside.
- Cook the quinoa for 10 minutes with a little salt and olive oil. Drain and leave to cool.

Presentation of the dish:

Place some quinoa on the bottom of the dish and the watermelon cannelloni on top. Garnish with a few wedges of avocado and cheese, sprinkle with toasted black sesame seeds and the chard mixture, grated carrots and red cabbage sprouts.

RECIPE BY CHEF ANTONIO CARMONA BARAZA.

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