



3. Remove oil from tuna



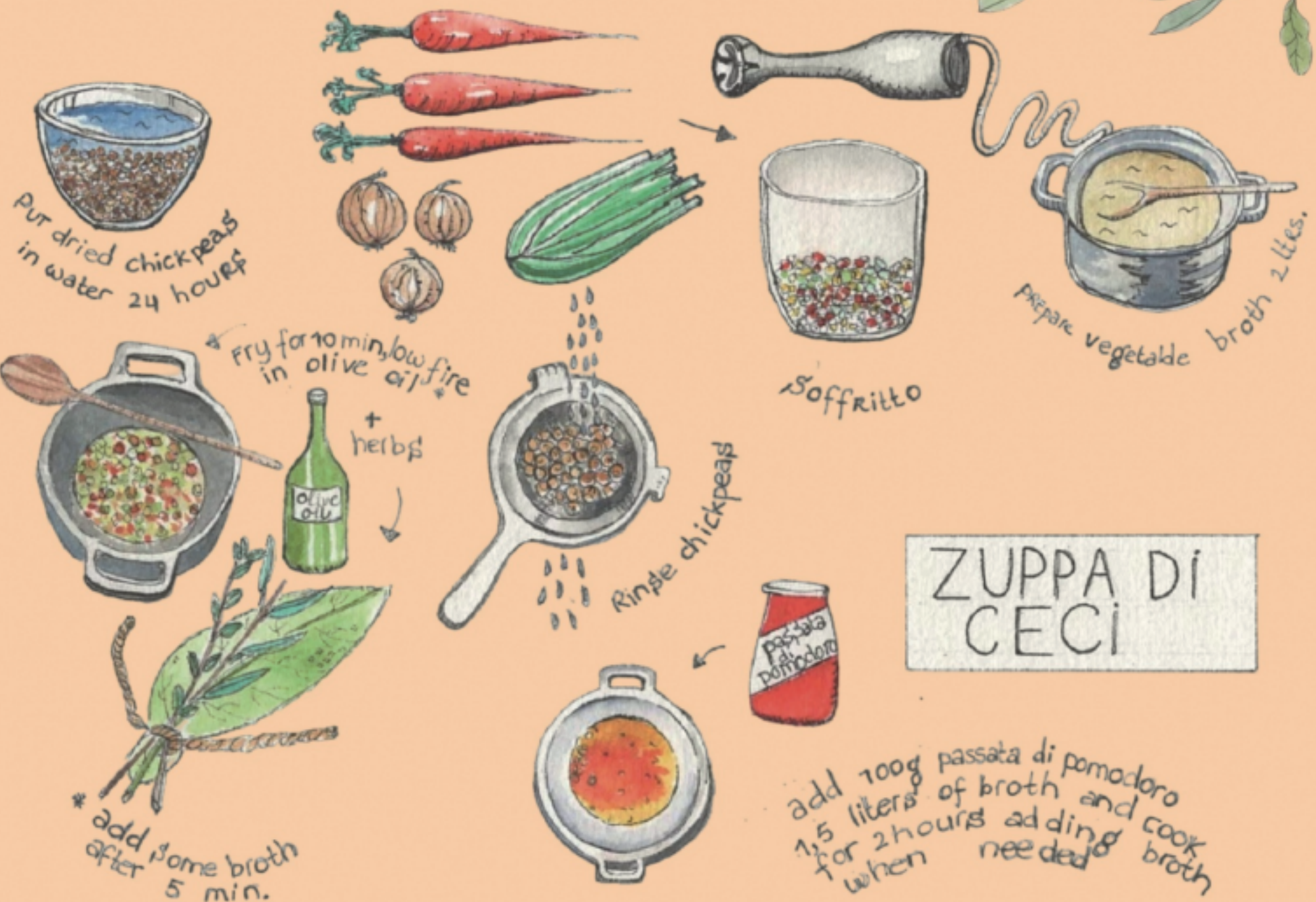
4. Add tuna and a handful of rucola to the mushrooms

SALT PEPPER
OLIVE OIL GARLIC
VINEGAR



5. Add salt, olive oil and vinegar
Done!





ZUPPA DI CECI



Chickpea soup / *Zuppa di ceci*

Serves 4, ingredients:

- 500 g of dried chickpeas
- 4 tablespoons extra virgin olive oil
- 3 medium onions, shredded in food processor
- 3 carrots, shredded in food processor
- 3 stalks of celery, shredded in food processor
- 30 g thyme
- 1 bay leaf
- 2 litres of vegetable broth
- 100 g of passata di pomodoro

Soak the chickpeas in a bowl of water for 24 hours. Pour a good amount of olive oil into the casserole. Sauté the finely chopped onions, carrots, and stalks of celery in it. Add some thyme and the bay leaf. After 5 minutes, add a splash of broth. Let it cook for a total of 10 minutes. Then add the passata di pomodoro, 1 ½ litres of broth, and finally the rinsed chickpeas. Let it simmer for 2 hours and occasionally add some of the remaining broth.

