

## Provençal Quinoa and Tuna Salad

### RECIPE CARD

INGREDIENTS	QUANTITIES	COST	
Amount of Servings	10 Servings	Unit	Total
Quinoa, cooked	4 ½ cups		
Cherry tomatoes, rinsed, halved	2 cups or as needed		
Kalamati olives, pitted, rough chopped	¾ cup		
Italian parsley, destemmed, chopped	½ cup		
Basil, destemmed, chopped	1 cup		
Extra Virgin Olive oil	¾ cup		
garlic, peeled, chopped	½ cup		
lemon, zested, juiced	1 each		
Fresh Albacore Tuna, poached flaked	CCP 1 lb.		
Kosher salt	2 t.		
Fresh black pepper, ground	2 t.		

**(keep below 40)**

Total Cost \_\_\_\_\_

Per \_\_\_\_\_

**Sanitation Instructions:** Wash, rinse, and sanitize all equipment and utensils before and after use. Wash hands before handling food, after handling raw foods, and after any interruption that may contaminate hands. Return all ingredients to refrigerated storage if preparation is interrupted. Verify and record final cooking and hot-holding temperatures using a clean and sanitized thermometer.  
CCP - Critical Control Point

**METHOD:**

- 1) Rinse Quinoa thoroughly. Bring 5 cups of salted water to boil. Add 2 cups washed quinoa. Stir well. Lower heat to simmer and cook for 2-3 minutes. Turn off heat, cover. Grain will be opaque and a small “tail” will emerge from grain when done.
- 2) To poach tuna. Place tuna in a small casserole dish and cover with olive oil. Squeeze juice of 3 lemons and place. Add fresh thyme, basil and crushed garlic. Cover and place in 350 oven till just done and fish is firm. Strain off poaching liquid and chill separately from Tuna.
- 3) Combine all ingredients in large mixing bowl and adjust seasonings to taste.