



TUNA FILLETS WITH CHICKPEA HUMMUS



Ingredients

- 8 fillets of yellowfin tuna in olive oil (**Ristoris**)
- 80 gr hummus in squeezer (**Ristoris**)
- 100 gr mixed salad
- 10 gr mixed pepper (**Ristoris**)
- 15 gr raspberries

Procedure

- Spread some chickpea hummus on a plate.
- Lay the tuna fillets on top.
- Top with the misticanza leaves, pepper berries and olive oil.
- Finish the dish with the raspberries.





Hummus in squeezer

CRISPY VEGETABLE AND HUMMUS WRAP



2



15 MIN

Ingredients

- 240 gr mixed pickles la croccante (**Ristoris**)
- 100 gr hummus in squeezer (**Ristoris**)
- 4 tortilla wraps
- 80 gr sweetcorn kernels (**Ristoris**)

Procedure

- Fill the wraps with the crunchy vegetable mix la croccante.
- Add the corn.
- Top with the chickpea hummus.
- Roll up the tortilla and cut into lengthwise sections.

