

Abalone Cacciatare

INGREDIENTS

80g Kansom Australia's Natural Blacklip
Abalone in Retorted Pouch, Diced

50g Green Beans

40g Crushed Tomato

20g Black Olives

10g Garlic

10g Diced Onion

10ml Olive Oil

1 French Rye Bread, Sliced

20g Red Capsicum, Diced

20g Green Capsicum, Diced

40g Diced Roma Tomato

5g Coriander Micro Herb

METHOD

1. Collect all the ingredients.
2. Sauté the onion and garlic in olive oil. Add the crushed tomato and sauté until the red oil rises to the top. Add in black olives, capsicums and diced tomatoes.
3. Remove from heat, add Abalone, and set aside.
4. Blanch the green beans, and line plate with beans side by side.
5. Place cacciatare on top of the beans, and garnish with coriander to serve.