



# Couscous Confetti Salad with Tuna

Cutting the ingredients into small pieces gives them a confetti-like appearance, once combined with tiny couscous grains. Not only are the results pretty, but the diner can be certain that each bite will contain a little of everything.

Makes 4 servings | Prep 20 Minutes

From *"Piatto Unico"* by Toni Lydecker, Lake Isle Press, 2011

## INGREDIENTS

- 1 1/2 cups instant couscous
- 1 heaping tablespoon capers, preferably salt cured
- 1 1/4 cups cherry tomatoes
- 4 scallions, including some of the tender green parts,
- 1/3 cup Nocellara olives or other Mediterranean olives
- 1/2 cup extra-virgin olive oil
- 1/4 cup fresh lemon juice
- 3/4 teaspoon sea salt or kosher salt, or to taste
- Hot red pepper flakes
- 1 (6 1/2- to 7-ounce) can good-quality tuna packed in olive oil
- 6 cups firmly packed baby arugula or other microgreens

## PREPARATION

1. Bring 1 1/2 cups water to a boil. Put the couscous in a medium bowl and pour the boiling water over it, making sure the grains are immersed. Cover and let stand for at least 5 minutes. Place the capers in a small bowl and cover with cold water; let stand for several minutes and drain. If the capers are large, coarsely chop them; if small, leave them whole. Quarter the tomatoes. Cut the scallions in half lengthwise and thinly slice them crosswise. Pit the olives and cut into slivers.
2. Combine the olive oil, lemon juice, salt, and red pepper flakes to taste in a small bowl or liquid measuring cup; add about a tablespoon of olive oil from the can of tuna. Whisk to form an emulsion.
3. Fluff the couscous with a fork, gently breaking up clumps. Add the lemon dressing and mix gently but thoroughly. Flake the tuna into the bowl by rubbing the chunks between your fingers. Add the tomatoes, scallions, olives, and capers. Mix well.
4. To serve: Scatter the greens around the edges of broad shallow bowls or dinner plates. Mound the couscous salad in the center.



Dara O'Brien

## Cook's Notes

Colorful raw or roasted bell peppers, cut confetti style, would be good in this salad.

In place of the hot pepper flakes, finely chop a fresh hot pepper; spicy-sweet pickled peppers such as peppadews are another alternative.

Good-quality jarred or canned mackerel or diced roast chicken could be substituted for the tuna.

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By Toni Lydecker

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