

# Edible Gems™

PURE DELICIOUSNESS

## Edible Gems Borlotti Beans with Chilli Tuna

### Ingredients

3 tablespoons of olive oil  
1 large onion diced  
1 clove garlic diced  
½ teaspoon fresh or dried chilli (optional)  
1 potato, diced small  
2 litres chicken stock or water  
300 g pack Edible Gems Borlotti Beans  
Salt and pepper to taste  
Handful of chopped parsley  
2 x 185g tins of chilli tuna (or use any flavoured tuna)



### Instructions

Fry onion in olive oil until translucent. Add garlic, chilli (optional) and stir through. Add potato, chicken stock, borlotti beans and pepper to taste. Cover beans with stock or water. Bring to boil, turn down heat to medium and cook for 20 to 30 minutes until tender. Add salt, parsley and chilli tuna and stir through.

Serve with your favourite pasta, rice or as a topping for bruschetta on thick slices of toasted ciabatta or sourdough bread.

Serves 4.

***Available until the end of May, Edible Gems delicious, nutty flavoured borlotti beans are available from selected greengrocers and specialty retailers. RRP: \$4.99 (300g pack)***

***For stockists, visit: [www.ediblegems.com.au](http://www.ediblegems.com.au)***

