

lime+pepper tuna (or salmon!) on toast

I have been eating tuna this way since my early twenties, as it's so easy and the addition of lime and pepper gives it a little kick so I feel like I'm eating something fresher than canned fish. The proliferation of high-quality tinned tuna, salmon, or what ever you like available in the States has greatly expanded over the years, so this will taste even better when you start with good-quality fish. While any kind of bread works for the toast, I love really dry crackers, whether it's a Wasa cracker or those crunchy dried mini toasts you can buy from European supermarkets. They are kind of bland, but with a little hidden sweetness that I find strangely addicting. Topping it with some fresh herbs like parsley or cilantro and a healthy drizzle of high-quality olive oil is great, too. If you're using fish packed in oil, I would still shake off excess oil and taste before adding more, as a little bit of "fresh" oil can add some bright flavor notes to the

dish. When making this solo, I use just one can.

Serves 2

2 (4-ounce) cans tuna or salmon in water or oil

1 lime, halved

1/2 small spoonful Dijon mustard (optional)

Flaky sea salt and freshly cracked black pepper

Extra-virgin olive oil

1 to 2 sprigs of cilantro, parsley, or basil, leaves and tender stems, gently torn (optional)

Any kind of bread you have or like, lightly toasted so it's firm, or crackers, for serving

In the bowl you plan to eat out of, add the tuna, squeeze in half of the lime, the mustard, if using, 3 or 4 grinds of black pepper, and mix to combine, breaking up the fish into large chunks. Top with a pinch of flaky salt, a drizzle of your nice olive oil, and fresh herbs, if desired. Adjust seasoning with more lime juice as needed. Spread on toasted bread or crackers.

Cook Simply, Live Fully: Flexible, Flavorful Recipes for Any Mood Hardcover by Yasmin Fahr, HarperCollins

Photo credit Matt Russell