

Tuna salad



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Serves: 2

Preparation time: 20 minutes

Ingredients

- 1 baby cos lettuce, washed and roughly chopped
- 8 cherry tomatoes, quartered
- ½ small red onion, thinly sliced
- ½ Lebanese cucumber, cut lengthways then sliced thinly
- ½ green capsicum, sliced thinly
- ⅓ cup pitted kalamata olives
- 50 g feta, crumbled
- 1 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- Pepper to taste
- 2 x tin 185 g tuna in spring water, drained
- Grainy crackers to serve

Method

1. Place lettuce, tomatoes, onion, cucumber, capsicum, olives and feta in a large bowl. Toss to combine.
2. Combine balsamic vinegar, oil and cracked pepper. Pour over salad and stir through.
3. Divide between two bowls and top with tuna. Serve with grainy crackers.

