



## Infused Tuna in Chilli Oil and Quinoa Salad



Serves  
1



Prep  
5-8 minutes



Cooking  
2 minutes



### Ingredients

1 can (120g) Princes Infused Tuna in Chilli Oil  
1/4 pouch ready cooked quinoa  
4 cherry or baby plum tomatoes  
Few thin slices red onion  
1 ready to eat plain beetroot  
large handful baby spinach leaves, washed  
Optional - a few whole almonds (skin on), roughly chopped

	Calories	Sugars	Fat	Saturated Fat	Salt
291g	415KCAL	7.5g	19.6g	2.7g	0.74g
RI%	35%	7%	44%	25%	44%

### Method

1. If you'd like a warm salad, heat the quinoa in the microwave, then leave on the side for a minute. To serve cold, simply fluff up the quinoa with a fork.
2. Halve the tomatoes and finely slice the red onion. Cut the beetroot into wedges.
3. Put the spinach and quinoa on a plate then add the tomatoes, onion and beetroot.
4. Top with the Infused Tuna in Chilli Oil then sprinkle over the chopped almonds.

