



Mediterranean Tuna Salad



Serves
4



Prep
15 minutes



Ingredients

2 x 145g cans Princes Tuna Chunks in Spring Water

1 small red onion, halved and thinly sliced

2 tablespoons red wine vinegar

½ cucumber, cut into chunks

100g cherry tomatoes, halved

2 baby cos lettuce, leaves torn into pieces

150g marinated feta cheese, drained

75g kalamata olives, drained

1 teaspoon dried oregano

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	127kcal	1.2g	8.1g	2.9g	1.1g
RI%	6%	1%	12%	15%	18%

Method

1. Put the red onion and cucumber into a salad bowl and add the red wine vinegar. Leave to marinate for 10 minutes.
2. Add all the remaining ingredients apart from the tuna, tossing together to combine.
3. Add the tuna to the salad, breaking it up into large chunks. Serve immediately.

[Learn More About Princes and Sustainability](#)

