


## SPRING WATER TUNA AND AVOCADO SALAD



 Serves  
1

 Prep  
10 minutes

Ideal for a quick meal for one, this tuna salad is colourful, healthy and delicious.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	77kcal	2g	4.3g	0.79g	0.11g
R1%	4%	2%	6%	4%	2%

### METHOD

1. Tip the can of Princes Drained Tuna Steak onto a plate. Break the fish into chunks and set aside.
2. Mix together the olive oil, lemon juice and mustard. Season with a little salt and pepper and add the red onion, tossing to combine. Set aside for a few minutes.
3. Arrange the avocado and tomatoes on a serving plate and top with the red onion mixture and tuna chunks.
4. Serve, garnished with a few basil leaves.
5. Tip the can of Princes Drained Tuna Steak onto a plate. Break the fish into chunks and set aside.
6. Mix together the olive oil, lemon juice and mustard. Season with a little salt and pepper and add the red onion, tossing to combine. Set aside for a few minutes.
7. Arrange the avocado and tomatoes on a serving plate and top with the red onion mixture and tuna chunks.
8. Serve, garnished with a few basil leaves.

### INGREDIENTS

1x110g can **Princes Drained Tuna Steak in Spring Water**

2tsp olive oil

2tbsp lemon juice

1tsp Dijon or wholegrain mustard

Salt and freshly ground black pepper

1/4 small red onion, thinly sliced

1 small ripe avocado, pitted, peeled and sliced

2 tomatoes, sliced

Basil leaves, to garnish

