



Super Food Salad with Infused Tuna in Olive Oil



Serves
1



Prep
Less than 10
minutes



Ingredients

1 can (120g) Princes Infused Tuna in Olive Oil
Large handful baby kale salad leaves, washed
2cm chunk cucumber
1/2 avocado, de-stoned and peeled
1/2 lemon, juice only
1 tsp chia seeds
1 tsp sesame seeds

	Calories	Sugars	Fat	Saturated Fat	Salt
217g	342KCAL	1.0g	24.0g	4.3g	0.71g
RI%	17%	1%	34%	22%	12%

Method

1. Chop the cucumber and put in a bowl with the baby kale.
2. Slice the avocado, squeeze the lemon juice over it, then put it into the bowl with the salad leaves.
3. Top with the Princes Infused Tuna in Olive Oil then sprinkle over the chia and sesame seeds.