



Tuna and Quinoa Superfood Salad



Serves
2



Prep
10 minutes



Cooking
25 minutes



Ingredients

1 x 110g can Princes Ventresca Tuna Fillets in Olive Oil, drained

300g prepared butternut squash, cut into chunks

1tbsp olive oil

100g red and white quinoa (or just use white)

1 cooked beetroot (vacuum packed), drained and chopped

1/2 small red onion, thinly sliced

5 cherry tomatoes, halved

Handful of young spinach leaves

A little chopped fresh parsley

2tsp lemon juice or red wine vinegar

Salt and pepper

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	109kcal	4.3g	3.4g	0.4g	0.3g

Method

1. Preheat the oven to 200°C, fan oven 180°C, Gas Mark 6. Put the butternut squash into a roasting tin, drizzle with the olive oil and toss to coat. Roast for 20-25 minutes, until tender.
2. Meanwhile, cook the quinoa in lightly salted simmering water for 12-15 minutes, until tender. Rinse with cold water to cool quickly, and drain well.
3. Mix together the quinoa, butternut squash, beetroot, red onion and cherry tomatoes. Add the spinach leaves, parsley, lemon juice or vinegar, then season with salt and pepper. Share between two plates or bowls.
4. Top the salads with the drained tuna slices, then serve.

