


TUNA, ASPARAGUS AND POTATO SALAD, WITH PERFECT POACHED EGG



INGREDIENTS

2 x 160g cans **Princes Tuna Chunks in Spring Water**, drained
400g new potatoes, scrubbed and halved
150g asparagus spears, cut into thirds
80g mixed salad leaves (spinach, watercress and rocket)
2 medium eggs
Dressing:
2 tbsp sweet chilli sauce
2 tbsp cider vinegar
1 tbsp vegetable oil
Pinch of salt, pepper and sugar, to taste

 Serves
2

 Prep
10 minutes

 Cooking
20 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	92kcal	3g	2.6g	0.5g	0.3g
RI%	5%	3%	4%	3%	5%

METHOD

1. Bring a saucepan of salted water to the boil. Boil the new potatoes for 18 minutes, adding the asparagus to the boiling water 4 minutes before the potatoes are done. Drain and set aside.
2. Place the salad leaves on the plates, top with the cooked new potatoes and asparagus, then top with the tuna.
3. Whisk together all the dressing ingredients, season to taste and spoon over the salads.
4. Bring another saucepan of water to the boil, then lower the temperature to a steady simmer. Stir the water around with a spoon, and crack in the eggs one at a time. Cook gently for 2-3 minutes for a perfect poach.
5. Top the salads with the drained poached eggs and serve, sprinkled with black pepper

