



EASY MEDITERRANEAN SALAD

Great, simple and effective idea for lunch at home or at work packed with essential omega 3 fatty acids, vitamins, minerals, and protein

 10 minutes 10 minutes 1 portion

INGREDIENTS

- 45 grams tuna
- 1 half of avocado, sliced (75 g)
- 15 grams cherry tomatoes
- 52 grams chopped cucumber
- 28 grams romaine lettuce
- 2 tbsps of hummus
- 1 dash of salt
- 1 dash of black pepper
- 1 teaspoon of olive oil

COOKING METHOD

- 1° Drain the liquid from the tuna can and then place the tuna in a bowl
- 2° Add the avocado, cherry tomatoes, cucumber, romaine lettuce to the same bowl as the tuna
- 3° Stir ingredients together until well combined
- 4° Add a few dollops of hummus to the salad
- 5° Season with salt & pepper to taste
- 6° Finally, drizzle 1 tsp of extra virgin olive oil
- 7° Don't fancy tuna? Just simply swap the tuna with tofu, beans, chicken, beef, or pork!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (210 g)	% DRI
ENERGY	103 kcal	216 kcal	11 %
PROTEIN	5 g	11 g	21 %
CARBOHYDRATE	4 g	9 g	3 %
SUGARS	1 g	2 g	2 %
FAT	8 g	16 g	23 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
FIBER	1 g	3 g	11 %
SODIUM	176 mg	370 mg	15 %