

NICOISE TUNA SALAD LOWFODMAP

2 portions

INGREDIENTS

- 140 grams of beans, green, boiled in unsalted water
- 2 units of potatoes, old, boiled in unsalted water, flesh only [120 g]
- 2 iceberg units of lettuce, average, raw [160 g]
- 2 salad portions of tomatoes, cherry, raw [68 g]
- 40 grams of olives, green, in brine, drained, flesh and skin, weighed with stones
- 1 small tin of anchovies, canned in oil, drained [50 g]
- 2 small cans of tuna, canned in brine, drained [200 g]
- 1/2 level teaspoon of mustard, smooth [4 g]
- 15 grams of rice vinegar
- 2 units of eggs, chicken, whole, boiled [100 g]

COOKING METHOD

- 1° Place diced potato in cold water in a medium saucepan. Bring to the boil. Reduce heat to low, then cover and simmer for 12-15 minutes until potato is 'fork tender'. Drain.
- 2° Place beans in a bowl and cover with boiling water. Stand for 1 minute or until bright green and just tender. Drain, refresh under cold water, then drain again.
- 3° Place beans, lettuce, tomato, olives, anchovy, tuna [undrained], mustard and vinegar in a large bowl. Add potato and season with salt and pepper. Toss gently to combine. Top with a hard-boiled egg and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (389 g)	% DRI
ENERGY	70 kcal	273 kcal	14 %
PROTEIN	8 g	31 g	62 %
CARBOHYDRATE	4 g	16 g	6 %
SUGARS	1 g	5 g	5 %
FAT	2 g	10 g	14 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
FIBER	1 g	5 g	21 %
SODIUM	417 mg	1623 mg	68 %