



TUNA SALAD WITH POACHED EGGS

2 portions

INGREDIENTS

- 110 grams of tuna in Oil
- 75 grams of celery, chopped
- 1/2 red onions, diced (35 g)
- 4 tbsps of mayonnaise (60 g)
- 1 tsp or dijon mustard, (5 g)
- 50 grams of mixed lettuce,
- 50 grams of cherry tomatoes
- 4 eggs (200 g)
- 1 tsp of vinegar, (5 g)

COOKING METHOD

- 1° Mix the drained tuna with the other ingredients for the salad, except for the lettuce, tomatoes, eggs and vinegar. You can make it ahead of time and keep it in the refrigerator for a couple of days, this allows the flavors to really develop.
- 2° Bring a pot of water to a light boil. Add pinch of salt and vinegar. Stir the water in circles to create a swirl using a spoon. Crack the egg into the moving water, one at a time. Let simmer for 3 minutes and remove from the water using a slotted spoon.
- 3° Serve the salad and eggs with your choice of fresh greens and some tomatoes. Drizzle olive oil on top before serving.
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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (295 g)	% DRI
ENERGY	160 kcal	471 kcal	24 %
FAT	13 g	38 g	58 %
FATTY ACIDS, TOTAL SATURATED	2 g	7 g	35 %
CHOLESTEROL	126 mg	372 mg	124 %
SODIUM	185 mg	546 mg	23 %
CARBOHYDRATE	2 g	5 g	2 %
SUGARS	1 g	3 g	—
FIBER	1 g	2 g	6 %
PROTEIN	10 g	28 g	—