



EASY TUNA SALAD

SERVES 1 **PREP ~ 10mins** **SUITABLE FOR:** Pescatarian, Gluten Free

A classic salad that is really healthy & delicious. The moderate calorie load & high protein content make it a great choice for staying lean. This dish has a high health score with a range of nutrients important to energy metabolism, immunity, and skin & bone health.



NUTRITION INFO

Health Score 9.1. High in Vit A, Vit B3 & Vit B12

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
486	11.3g	8.5g (9.5%)	47.1g	26.3g	5.4g (26.9%)	3.7g (12.4%)

INGREDIENTS

- 2 Free Range Eggs
- 100g Tinned Tuna
- 1 Tbsp Olive Oil
- 2 Tomatoes
- 1/2 Onion
- 10 Olives
- 50g Mixed Leaf Salad
- 1 Tsp Pepper & Basil to Taste

METHOD

1. Bring pan of water to boil, add the eggs and cook for 8-10 minutes
2. Wash the tomatoes and leaf salad, chop the tomatoes in half. Add to the salad
3. Peel and chop the onion, add the onion, tuna and olives to a bowl
4. When the eggs are cooked, drain then in cool water and add to the salad
5. Drizzle olive oil over the top serve and enjoy

