



THE 'I HAVE NO TIME' TUNA SALAD



1 serving



5 minutes

INGREDIENTS

145g (5¼oz) can of tuna in spring water,
drained and flaked

¼ medium ripe avocado, diced 2
tablespoons drained canned chickpeas

Handful of rocket (arugula) leaves

Handful of cherry tomatoes, halved 1

tablespoon capers

20g (¾oz) feta cheese, crumbled ¼

cucumber, deseeded and diced

¼ red onion, finely diced

For the dressing

1 tablespoon natural yogurt

1 teaspoon American mustard

1 teaspoon honey

Juice of ½ lemon

Salt and pepper

DIRECTIONS

1. Combine all the ingredients in a bowl, including all the dressing ingredients, with salt and pepper to taste. Toss together and serve.

Under 300kcal, 28g protein