

# GRILLED VEGETABLE SALAD WITH TUNA



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
320 kcal  
24g Fats  
13g Carbs  
12g Protein



## WHAT YOU NEED

- 1 lemon
- ¾ cup (160g) tuna pieces in olive oil
- ½ cup (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 2 ¾ cups (350g) asparagus
- ½ cup (50g) pistachio nuts, peeled and chopped

## WHAT YOU NEED TO DO

*Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but save the oil for later.*

*Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with salt and pepper.*

*Cut the zucchinis into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.*

*Place the vegetables in a bowl and add in the marinade. Mix gently until covered.*

*To serve, divide veg and tuna between plates and top with chopped pistachio nuts.*

