

Tuna & Quinoa Toss Salad

Serves 2

For the dressing:

1 tbsp. olive oil
2 tsp. red wine vinegar
1 tsp. fresh lemon juice
1 tsp. Dijon mustard
salt & pepper, to taste

For the salad:

1 cup (185g) cooked quinoa
¼ cup (50g) chickpeas, rinsed and drained
½ cucumber, chopped
1 tbsp. crumbled feta cheese
10 cherry tomatoes, halved
2 cans tuna (7oz./200g drained)

What you need to do

1. Cook quinoa according to instructions on the packaging.
2. Combine the dressing ingredients in a small bowl. Then combine quinoa and the remaining ingredients in a different bowl.
3. Drizzle with the dressing and toss gently to coat.



GF	MP	HP	Q						
				Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
				10 mins	10 mins	399	11	41	37

*Nutrition per serving

