

## Tuna Nicoise Salad

Serves 10

Ingredients	
1 (400g) tin of tuna, in unsalted water	5 medium eggs, hard boiled, quartered
800g salad or new potatoes, boiled, sliced into small wedges/quarters	4 tbsp (60 ml) fresh lemon juice
200g mixed salad leaves, washed	40 ml olive oil
200g cucumber, sliced into sticks	2 pinches black pepper
5 medium (400g) tomatoes, cut into quarters	100g cheddar cheese, grated

- METHOD:
- Hard boil the eggs and leave to cool in cold water.
- Wash and clean the potatoes, place in boiling water and leave to cook.
- Wash, chop and prepare the salad leaves, cucumber and tomatoes, arrange in equal portions into salad bowls.
- When cooked, slice the potatoes into bite size wedges/quarters, flake the tuna and add both to the salads.
- Prepare a dressing by adding the olive oil, lemon juice and black pepper, into a jar or container with a lid.
- Shake until well mixed, add 2 tsp of dressing to each portion, sprinkle grated cheese on top and serve.



- ✓ COOK'S TIP - FOR PUREE DIETS, MAKE EXTRA BROCCOLI AND POTATO AND MAKE A POTATO AND BROCCOLI PUREE
- ✓ FOR DAIRY FREE DIETS, USE DAIRY FREE CHEESE
- ✓ FOR EGG FREE DIETS, OMIT EGG, USE BUTTER BEANS
- ✓ FOR VEGETARIAN DIETS, REPLACE TUNA WITH BUTTER BEANS, USE VEGETARIAN CHEESE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
208	15.1	10.9	13.4	2.9	0.6	1.4	106