

# Green Tuna Salad

This is a light yet substantial meal, and contains the right balance of protein, carbohydrates and good fats.

## Salad

- 1 cup broccoli florets
- 1 cup green beans, sliced
- ½ cup celery, thinly sliced
- ½ cup salad sprouts
- ½ cup cucumber, thinly sliced
- ½ cup spring onions, sliced
- 1 cup rocket, watercress sprigs or baby spinach leaves
- 425g (13½oz) can tuna, drained and flaked
- 2 tbsp (2⅔ tbsp) roasted unsalted almonds or cashews
- 2 tbsp (2⅔ tbsp) pumpkin pepitas, lightly toasted

## Dressing

- 2 cloves garlic, minced
- ¼ cup lime or lemon juice
- 1 tbsp (4 tsp) lime or lemon zest
- 1 tsp fish sauce
- 1 tbsp (4 tsp) cold-pressed extra virgin olive oil
- 1 tsp chilli sauce, or 1 chilli, sliced (optional)

Blanche broccoli and green beans. Drain, cool and combine in a bowl with the remaining greens and the tuna. Combine the dressing ingredients in a lidded jar or container and shake well. Pour over salad and toss to coat ingredients. Add the nuts and seeds and toss again.

**Serves 4**



This recipe is from *Very Wellness* by ANTA life member Val Allen.

For more information visit [pnmc.com.au/verywellness.html](http://pnmc.com.au/verywellness.html)