

HEALTHY COOKING

▶ NIÇOISE SALAD



SERVES 1

INGREDIENTS

- ▶ 85g can of tuna, drained
- ▶ 1 egg, boiled and cut into quarters
- ▶ 50g (½ cup) green beans, ends trimmed and halved
- ▶ 4 (60g) cherry tomatoes, halved
- ▶ 4 Tbs fresh flat leaf parsley
- ▶ 6 olives
- ▶ 2 tsp capers
- ▶ 10ml basic dressing (p 14)
- ▶ Lite Seasoner and pepper to taste

Place all ingredients except for the egg in a large bowl, toss to combine. Add the egg on top and serve.

Each serving:

Protein: 29g | Carbohydrate: 4g