



Mediterranean Salad with Tuna

Ingredients:

1 generous handful salad greens including baby spinach, and bitter greens such as watercress and rocket, washed

1 large ripe organic tomato, chopped

½ organic Lebanese cucumber, sliced

4 organic snow peas, cut into thirds

¼ organic avocado, chopped

1 tablespoon chia seeds

90 gram tin Tuna in spring water, drained

Olive oil

Apple Cider Vinegar

Method:

Place all ingredients into a bowl and top with the Tuna.

Drizzle over some olive oil and vinegar and toss together

Additions:

If you really feel adventurous, lightly blanch some fresh organic green beans and broccoli and add, throw in some raw organic cauliflower and even some oven baked capsicum strips or eggplant strips to increase the nutritional value and flavour of your salad.