Lunch

Fresh Asparagus and Tuna Salad

Crisp asparagus, ripe tomatoes and sweet red capsicums sit alongside hard-cooked eggs and flaked tuna in this bright salad, all pulled together with a garlicky red wine vinaigrette.



Nut free

25 min	328	13.5 g	10.6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 bunch asparagus, trimmed and chopped into large pieces
- [ ] 4 cups salad greens, washed
- [ ] 1 bunch Italian leaf parsley, chopped
- [ ] 2 small cucumbers, chopped
- [ ] 4 ripe tomatoes, chopped
- [ ] 2 red capsicums, chopped
- [ ] 1 red onion, thinly sliced
- [ ] 4 hard-cooked eggs, peeled and quartered
- [ ] 285 g tuna in spring water, drained (or tinned salmon)
- [ ] 2 cloves garlic, cut in half
- [ ] Vinaigrette
- [ ] 1 tablespoon red wine vinegar
- [ ] ½ teaspoon Dijon mustard
- [ ] 2 tablespoons cold pressed olive oil

Method

- [ ] 1 Whisk the red wine vinegar and Dijon mustard together in a small bowl until smooth.
- [ ] 2 Slowly pour in the cold pressed olive oil while whisking to make the vinaigrette.
- [ ] 3 Rub the cut sides of the garlic halves all over the inside of a large serving bowl, then set the garlic aside.
- [ ] 4 Tip the salad greens into the prepared bowl.
- [ ] 5 Scatter the asparagus pieces over the salad greens.
- [ ] 6 Add the chopped small cucumbers, ripe tomatoes and red capsicums.
- [ ] 7 Scatter the thinly sliced red onion and the chopped Italian leaf parsley on top.
- [ ] 8 Arrange the quartered hard-cooked eggs over the vegetables and flake the drained tuna in spring water alongside, or use tinned salmon instead if you prefer.
- [ ] 9 Drizzle the vinaigrette evenly over the whole salad.
- [ ] 10 Toss gently just before serving so everything catches the dressing.

Nutrition Facts

Per serving

Calories	328
Total fat	16.8 g
Saturated fat	3.1 g
Sodium	478 mg
Total carbs	13.5 g
Fiber	Not listed
Total sugars	10.6 g
Protein	27 g

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