



I *heart* tuna salad

NIBBLEDISH CONTRIBUTOR

Ingredients

salad greens (any sort)
chunk tuna 1/2 can
1/2 red capsicum/pepper
1/2 onion
1 egg
1 clove garlic
small cucumber
2 small potatoes
1 Tsp natural yoghurt
2 Tsp mayonnaise
salt/pepper
lemon juice (1/2)
leftover pasta (if you have any)

Instructions

I'm a bit of a salad fan. I like everything from potato salad to fruit salad and everything green. This I made up last night, empty the fridge kinda night.

Cube potatoes and boil. Add the egg and pasta for the last 5 minutes (save electricity/gas).

Chop capsicum and cucumber, toss with greens.

Chop onion and garlic, mix in a bowl with tuna, mayo, and yoghurt. Squeeze in lemon juice, hit it with salt and pepper. Mix.

Add the potatoes and pasta when they have cooled a bit, then drop it on the greens. Put the boiled egg on top.

I drink juice with my salad. Good for the iron.

Eet smakelijk!