



## 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.

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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!