



# Tuna and vegetable rice salad

15'  
Hands on

2-4  
Portion(s)

1  
Difficulty



## Ingredients

- 1 red bell pepper
- 1 tomato
- 1 spring onion
- 1/4 bunch parsley
- 200 g Carolina rice, boiled
- 150 g tuna
- 100 g peas, frozen
- 2 tablespoon(s) olives, into rounds
- 100 g mayonnaise
- 2 tablespoon(s) mustard
- 1 tablespoon(s) honey
- 2 tablespoon(s) olive oil
- salt
- pepper

To serve

- parsley, finely chopped

## Method

- Cut the red pepper into strips, the tomato into cubes, the spring onion into rounds, and finely chop the parsley.
- In a **bowl** mix the rice, the tuna, the peas, the pepper, the tomato, the spring onion, the parsley, and the olives.
- In a second bowl add the mayonnaise, the mustard, the honey, and whisk well until there is a uniform mixture.
- Add the olive oil, salt, and pepper.
- Pour the second bowl's mixture into the first bowl and mix well to combine all the ingredients together.
- Divide into individual bowls and serve with extra finely chopped parsley.

## Διατροφικός πίνακας

Nutrition information per portion

416 Calories (kcal)	28.0 Total Fat (g)	2.8 Saturated Fat (g)	25.0 Total Carbs (g)
21%	40%	14%	10%
9.5 Sugars (g)	13.0 Protein (g)	3.6 Fibre (g)	1.6 Sodium (g)
11%	26%	14%	27%