



Lentil, tuna and rice salad

15'

Hands on

4-6

Portion(s)

1

Difficulty



Method

- In a **bowl** , put in the tuna after it has been well drained and break it up with a fork.
- Grate the carrots using the large blades of the **grater** and put them in the bowl.
- Add the olives, caper, the spring onions' green part, rice and lentils.
- In a blender, place the chili peppers, garlic, olive oil and beat well until all ingredients are thoroughly combined. Add it to the bowl with the rest of the ingredients.
- Coarsely chop the parsley, mint, **zest** from limes, cherry tomatoes cut in pieces, grated ginger, salt, pepper and balsamic cream.
- Mix well and serve with olive oil, balsamic cream and mint.

Ingredients

- 320 g tuna, in water, canned
- 2 carrots
- 50 g olives, cut into rounds
- 50 g capers
- 3 onions, fresh
- 400 g **basmati rice** , boiled
- 400 g lentils, boiled
- 2 chili peppers
- 1 clove of garlic
- 80 g olive oil
- 1/2 bunch parsley
- 1/2 bunch mint
- zest, of 2 limes
- 100 cherry tomatoes
- 30 g ginger
- salt
- pepper
- 50 g balsamic cream

To serve

- 1 tablespoon(s) olive oil
- 1 tablespoon(s) balsamic cream
- 1 tablespoon(s) mint

Διατροφικός πίνακας

Nutrition information per portion

399 Calories (kcal)	16.0 Total Fat (g)	2.4 Saturated Fat (g)	40.0 Total Carbs (g)
20%	23%	12%	15%
8.8 Sugars (g)	22.0 Protein (g)	5.6 Fibre (g)	1.2 Sodium (g)
10%	44%	22%	20%