



# Vegetable and smoked tuna salad

20'  
Hands on

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 1 corn, boiled
- 1 Florina pepper (red pepper)
- 160 g tuna, smoked
- 100 g radishes
- 3 spring onions
- 1 tablespoon(s) mint
- 1 tablespoon(s) capers
- 200 g green salad

For the dressing

- lemon juice, of 1 lemon
- 1-2 tablespoon(s) olive oil
- salt
- pepper
- 1 level tablespoon(s) honey
- 1 level tablespoon(s) mustard

## Method

- Prick the stalk of the corn with a fork and place it on heat or in a hot frying pan until it is golden and has a smoky flavor. Follow the same process for the pepper as well.

For the dressing

- In a serving bowl add the oil of the tuna, the lemon juice, the olive oil, salt, pepper, and whisk well.
- Add the honey, the mustard, the tuna, and mix.

To assemble

- Add the radishes -into pieces- inside the bowl and mix.
- Use a knife to remove the corn from the cob and add it to the bowl.
- Add the green part of the spring onions finely chopped, the mint, the capers, the pepper cleaned and cut into small pieces, and mix.
- Add the fresh salad, mix, and serve.

## Διατροφικός πίνακας

Nutrition information per portion

133 Calories (kcal)	9.3 Total Fat (g)	1.5 Saturated Fat (g)	6.0 Total Carbs (g)
7%	13%	8%	2%
4.2 Sugars (g)	5.4 Protein (g)	1.7 Fibre (g)	0.57 Sodium (g)
5%	11%	7%	10%