

# TUNA NICOISE SALAD

GREEN ACT/SA / EVERYDAY NSW

Makes 12 serves

## Ingredients:

- 600g green beans, blanched and sliced lengthways
- 2 x 425g tin tuna
- 12 x chat potatoes, cut in quarters
- 1 x punnet cherry tomatoes, halved
- 250mL Caesar dressing (made with unsaturated oil such as sunflower oil)
- ½ bunch parsley, chopped
- 24 black olives, halved
- 12 x eggs, boiled and cut in quarters

## Method:

1. Place beans, tuna, potatoes and cherry potatoes in a bowl and mix together.
2. Fold in the Caesar dressing and parsley.
3. Divide the bean mix into serving containers and sprinkle the olives evenly over the top.
4. Place four quarters of egg on each salad.

## Nutrition information:

	Per serve (293g)	Per 100g
Energy (kJ)	1290	440
Protein (g)	25.5	8.7
Fat – total (g)	16.3	5.6
Saturated (g)	2.8	0.94
Carbohydrates – total (g)	13.3	4.6
Sugar (g)	3.1	1.1
Sodium (mg)	492	168
Fibre (g)	3.5	1.2