

Salad with Flavours of the Garrigue



2 people

10 min preparation time

cooking time

All ingredients

1 tin 1/10 of 80g la belle-iloise Flavours of the Garrigue flaked tuna
2 handfuls of salad
24 cherry tomatoes (approx. 100 g)
6 pieces marinated grilled pepper (approx. 50 g)
Cubes of feta marinated in oil (**approx. 40 g**)
Cooked chick peas (**approx. 40 g**)
1 spring onion (**approx. 20 g**)
1 avocado (**approx. 160 g**)
sunflower and pumpkin seeds (**approx. 10 g**)
Juice 1/2 lemon
Dash of olive oil

Steps

- 1- Divide the salad between 2 individual salad bowls
- 2- Cut the avocado in half, remove the stone and remove the flesh in one piece using a spoon
- 3- Cut the avocado into slices and drizzle with lemon juice to prevent browning
- 4- Cut the peppers into strips, the tomatoes in half and coarsely chop the feta
- 5- Arrange the ingredients harmoniously in the bowls contrasting the colours
- 6- Put ½ tin of tuna in each bowl
- 7- Drizzle with the lemon juice from the avocado and a dash of olive oil
- 8- Sprinkle with the finely sliced spring onion and the seeds