

Tuna salad with green peppercorns and avocado



3 people

20 min preparation time

10 min cooking time

All ingredients

1 tin of 160 g [la belle-iloise tuna with green peppercorns](#)

1 avocado

½ shallot

1 cup wheat grains (80 g)

Approx. 70 g mesclun salad with rocket

10 walnut halves

40 g gruyère or comté cheese

1 lemon

Optional: **a few** capers or hearts of palm

Steps

- 1- Cook the wheat in salted boiling water for the time indicated
- 2- Cut three thin slices from the lemon for decoration.
- 3- In a bowl, mix the diced cheese, thinly sliced shallot, 8 walnut halves, the avocado, peeled and cut into pieces, the flaked tuna with its oil and the lemon juice.
- 4- Then add the cooled wheat.
- 5- Put green salad around the edge of a dish, and place the mixture in the centre.
- 6- Decorate the top with the lemon slices, walnuts and capers.
- 7- Chill for at least 30 minutes before serving.