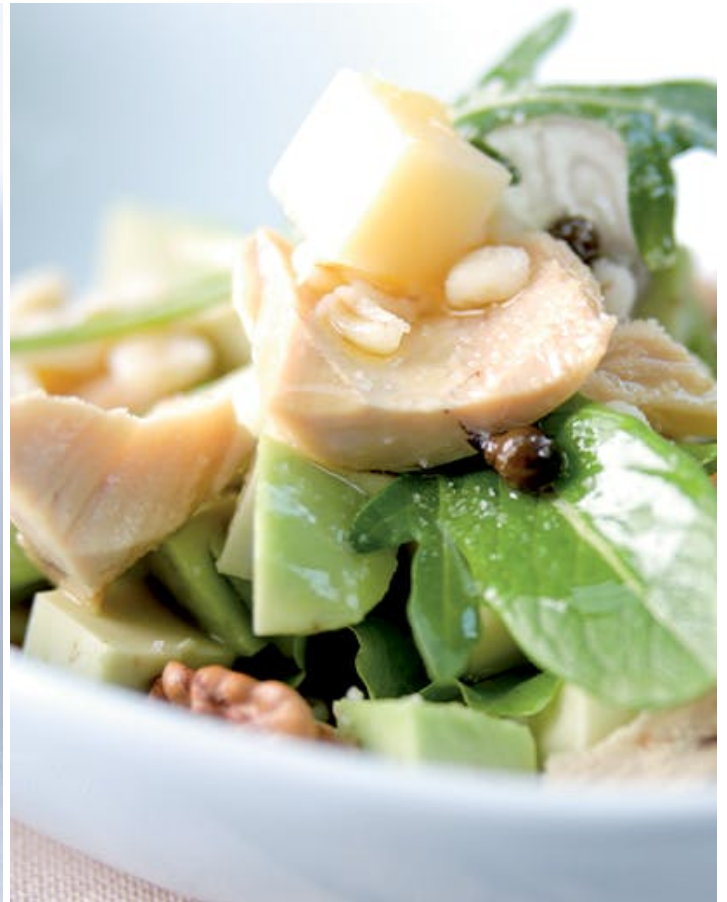


Tuna salad with green peppercorns and avocado



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