



Tuna Fish Salad (HS)

Serving: 1

Non Veg

Ingredients

- Serves 1
- 1/4 cup mixed vegetables
- 1/4 cup chopped tomatoes
- 1 tsp chopped fresh parsley leaves
- 1 tsp chopped fresh mint leaves
- 2 tsp chopped green olives
- 1/4 cup lengthwise sliced zucchini
- 1 tbsp chopped avocado
- 1 no. bulb of green onion, thinly sliced
- 100 gm Tuna in water, drained , cooked
- 1/2 tsp extra virgin olive oil
- 1 tsp balsamic vinegar
- 1/4 tsp salt
- 1/2 tsp black pepper powder

Preparation Method

- 1. Grill the zucchini slices on the both sides in a sizzling hot cast iron skillet grill pan. Remove from flame and let it cool for few minutes. Cut into bite size piece.
- 2. Combine all the ingredients in a large mixing bowl and stir to mix well. Serve immediately.