



Recipe name:

Tuna in Jar Salad

Recipe description:

Tuna Salad in a Jar is an easy picnic snack, healthy lunch for work or easy dinner recipe. Combine tuna, beans, celery, eggs, & PEPPADEW® Mild Piquanté Peppers.

Prep time:

10 mins

Cook time:

0 mins

Serves:

4

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Lunch / Side

Occasion:

Quick & Easy / Dinner Party

Ingredients:

- 400g Tuna shredded, drained
- Salt and pepper
- 200g PEPPADEW® Mild Piquanté Peppers Whole
- 200g white bean, drained
- 100g Black olives, sliced
- 80 g Celery slices
- 80g Red onion, diced

- 4 hard boiled eggs, sliced
- Olive oil and Balsamic

Method:

1. In a Jar, layer your salad by starting with the tuna, seasoned with salt and pepper.
2. Then add the PEPPADEW® Mild Piquanté Peppers followed by the olives, beans, celery, red onion and egg.
3. Serve the jar with a bowl and allow your guests to pour the salad into the bowl.
4. Dress with olive oil and Balsamic.
5. Serve with delicious crusty breads

SERVING SUGGESTIONS:

Add roughly chopped fresh parsley