



Recipe name:

Roasted red pepper tomato tuna white bean salad

Recipe description:

A hearty high-protein and rich-in-fibre tuna salad. Layered with healthy flavoursome, fresh ingredients, sweet roasted red peppers and a homemade quick lemon vinaigrette.

Prep Time

10 minutes

Cook Time

2 hours 20 minutes

Serves:

4-6

Made with:

PEPPADEW® Roasted Red Peppers

Course:

Lunch / Side

Occasion:

Quick & Easy

Ingredients:

- 220g Albacore tuna
- 300g Dried white pinto beans or pre-cooked tinned beans
- 470ml Water
- 2 Large beefsteak or cherokee purple tomatoes
- 100g Cherry tomatoes

- 1 large Cucumber
- 1 large Red onion
- 1/2 Jar PEPPADEW® Roasted Red Peppers

Lemon vinaigrette:

- 2 lemons
- 1 tsp salt
- 1 tsp black pepper
- 25ml cider vinegar
- 1 tbsp honey or maple syrup
- 50ml Extra virgin olive oil
- 2 Garlic cloves minced

Method:

1. Heat the coconut oil in a pan over medium heat.
2. Add the quinoa to the melted coconut oil and toast for 1 minute.
3. Add the water and bring the mixture to a boil, reduce the heat to low, and cover. Gently simmer until the water has been completely absorbed and the quinoa is fluffy (about 15 -20 minutes). Then stir the quinoa a few times to help it slightly cool down.
4. While quinoa cools, grate the white part of the cauliflower into a large bowl. Add the juice of one lemon to the cauliflower, stir and leave to stand for 15 minutes or more.
5. Slice the shallots, finely chop the parsley, mint and coriander, deseed the dates, chopping them into smaller pieces, chop the pistachios into slightly smaller pieces, slice the roasted red peppers into strips.
6. Bring the whole salad together by mixing the shallots, grated cauliflower, chopped herbs, pistachios, dates, pomegranate and half the sliced red peppers.
7. Add the slightly cooled Quinoa, mix again until everything is well combined,
8. Season with salt to taste, garnish with extra roasted red peppers and a few slices of lemon.

Serving suggestions:

If short on time, you can purchase pre-cooked tins of white pinto beans. This dish could be made with another small bean variety like cannellini Beans.