

Egg, Tuna & Chickpea Salad



Preparation time: 15 mins

Serves: 4 people

User Rating: ★★☆☆☆

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Categories: Quick & Easy, Meals for One



Ingredients

8 medium soft boiled eggs, halved

75g baby spinach leaves

400g can chickpeas, rinsed and drained

1 lebanese cucumber, shaved into ribbons

2 x 190g cans tuna in springwater, drained and flaked

pumpkin seeds, to garnish

Dressing –

¼ cup tablespoon olive oil

1 tablespoon lemon juice

1 teaspoon Dijon mustard

salt and cracked black pepper

Method

- 1. To make the dressing whisk the olive oil, lemon juice, Dijon, salt and pepper together until combined. Set aside.
- 2. Place the baby spinach, chickpeas and cucumber ribbons in a large bowl and pour over dressing. Toss together then fold through the flaked tuna.
- 3. To serve, divide salad between plates and top with boiled eggs. Scatter with pumpkin seeds and serve.

Nutritional Information

Serving size	Energy	Protein	Total fat	Unsaturated fat	Carbs (sugar)	Sodium	Fibre
304g	1790kJ 428kcal	32.1g	28.1g	5.6g	1.5g	596mg	5.2g

All nutrition values are per serve.