



UCCOOK

Chunky Tuna Salad

with a creamy mustard dressing

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	469kJ	2183kJ
Energy	112kcal	522kcal
Protein	5.8g	27g
Carbs	9g	43g
of which sugars	2.3g	10.6g
Fibre	1.1g	5g
Fat	5.6g	25.9g
of which saturated	0.4g	1.9g
Sodium	171mg	955mg

Allergens: Sulphites, Fish

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Baby Potatoes <i>rinse & cut in half</i>
60ml	120ml	Mustard Dressing <i>(10ml [20ml] Lemon Juice, 40ml [80ml] Mayo & 10ml [20ml] Wholegrain Mustard)</i>
1 unit	2 units	Tinned Tuna Chunks <i>drain</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
15g	30g	Green Olives <i>drain, pit & halve</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. ROAST Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. DRESSING In a bowl, combine the mustard dressing with a generous drizzle of olive oil and season.

3. DINNER IS READY In a salad bowl, toss together the salad leaves, the potatoes, the tuna, the cucumber and the olives. Drizzle over the dressing, tossing the salad so everything is covered in the dressing. Finish with a crack of seasoning and enjoy, Chef!

Chef's Tip To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake. Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.