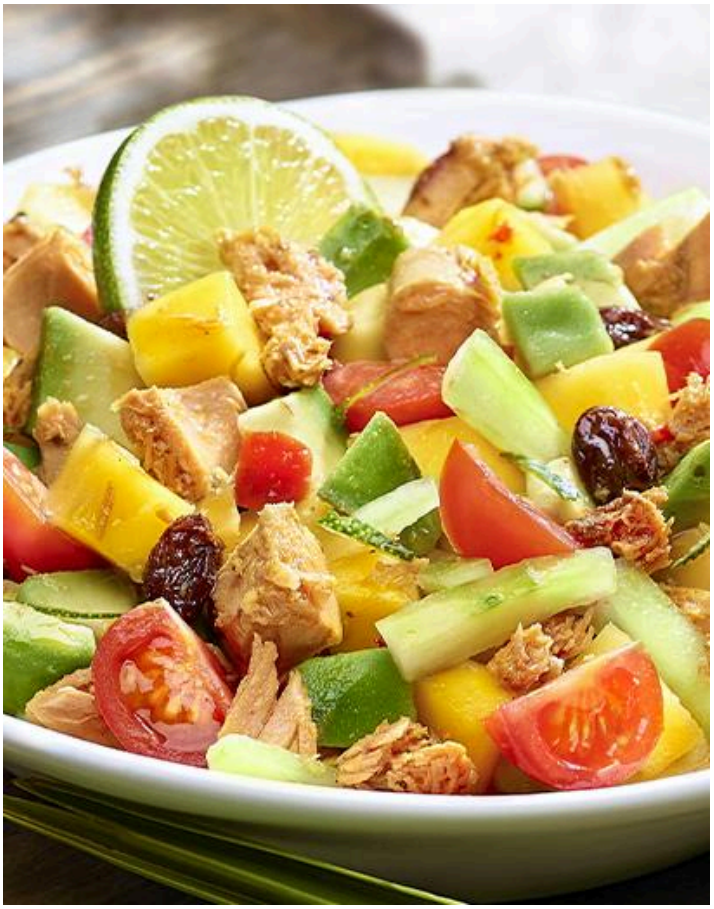
# **Caribbean** salad





4 people | 10 min preparation time | aucune cooking time

## All ingredients

**3 tins of 80g** la belle-iloise Marie-Galante flaked Tuna
**8** cherry tomatoes (approx. 80g)
**1** avocado
**½** cucumber (approx. 20 cm or 170g)
**½** mango not too ripe
**2** limes
**4 pinches** salt

## Steps

1- Peel and seed the cucumber, and cut into small sticks
2- Sprinkle with the salt and chill for 60 min
3- Grate a little zest and squeeze the juice from one of the limes
4- Peel and dice the avocado
5- Toss the avocado in a large bowl with the lime juice and zest, then mix.-Add the peeled diced mango, and then the quartered tomatoes
6- Drain the cucumber sticks and add them to the bowl
7- Finish by adding the oil from all 3 tins of Marie-Galante flaked tuna and the contents of 2 of them, mix everything together
8- Transfer the salad to a serving dish
9- Place the contents of the third tin of flaked tuna on the top and decorate with slices of lime
10- Serve chilled