

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
 $\frac{1}{2}$ cucumber (approx. 20 cm or 170g)
 $\frac{1}{2}$ 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