

# Salad with Flavours of the Garrigue



2 people

10 min preparation time

cooking time

## All ingredients

**1 tin of 80g** la belle-iloise Flavours of the Garrigue flaked tuna  
**2** handfuls of salad  
**24** cherry tomatoes (approx. 100 g)  
**6** pieces marinated grilled pepper (approx. 50 g)  
Cubes of feta marinated in oil (**approx. 40 g**)  
Cooked chick peas (**approx. 40 g**)  
1 spring onion (**approx. 20 g**)  
1 avocado (**approx. 160 g**)  
sunflower and pumpkin seeds (**approx. 10 g**)  
**Juice 1/2** lemon  
**Dash** of olive oil

## Steps

- 1- Divide the salad between 2 individual salad bowls
- 2- Cut the avocado in half, remove the stone and remove the flesh in one piece using a spoon
- 3- Cut the avocado into slices and drizzle with lemon juice to prevent browning
- 4- Cut the peppers into strips, the tomatoes in half and coarsely chop the feta
- 5- Arrange the ingredients harmoniously in the bowls contrasting the colours
- 6- Put  $\frac{1}{2}$  tin of tuna in each bowl
- 7- Drizzle with the lemon juice from the avocado and a dash of olive oil
- 8- Sprinkle with the finely sliced spring onion and the seeds