Marie-Galante Tuna tabbouleh





6 people | 20 min preparation time | None cooking time

All ingredients

1 tin of 160g la belle-iloise Marie-Galante flaked Tuna
60g couscous
1/2 chopped onion
1/2 lemon
2 tablespoons olive oil
5 good-sized tomatoes
1 teaspoon chopped parsley

Steps

1- In a large bowl, mix the couscous with the tuna and the olive oil, then add the onions, lemon juice, two of the tomatoes finely diced and the parsley
2- Cut the three other tomatoes into quarters, scoop out the insides and add to the mixture
3- Chill for at least two hours, serve garnished