

Pomegranate, tomato & tuna quinoa salad

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Preparation 20 mins | Cooking 15 mins | Serves 4-6

This wholesome crunchy salad is ideal for a lunch box.

- 1 cup white quinoa
- 2 Lebanese cucumbers
- 200g cherry or grape tomatoes, halved
- 2 green onions (shallots), trimmed and thinly sliced
- 1 pomegranate, seeds removed
- 1/3 cup flat-leaf parsley leaves, chopped
- 400g can tuna in oil
- 125g feta, crumbled
- 1 tbs lemon juice
- 1 tbs extra-virgin olive oil

STEP 1 Place quinoa and 1 cup water into a medium saucepan and bring to the boil over medium-high heat. Reduce heat, cover and simmer for 12-15 minutes until water is absorbed and quinoa is tender. Remove from heat, cover and set aside for 5 minutes. Set aside to cool.

STEP 2 Using a julienne shredder, shred cucumbers lengthways into thin strips. Add cucumbers, tomatoes, green onions, pomegranate seeds, parsley, tuna and feta. Drizzle over lemon juice and oil. Gently toss and serve.

Good for you... **TOMATOES**

The richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content. An excellent source of vitamin C, which the body uses to defend itself against infection.

