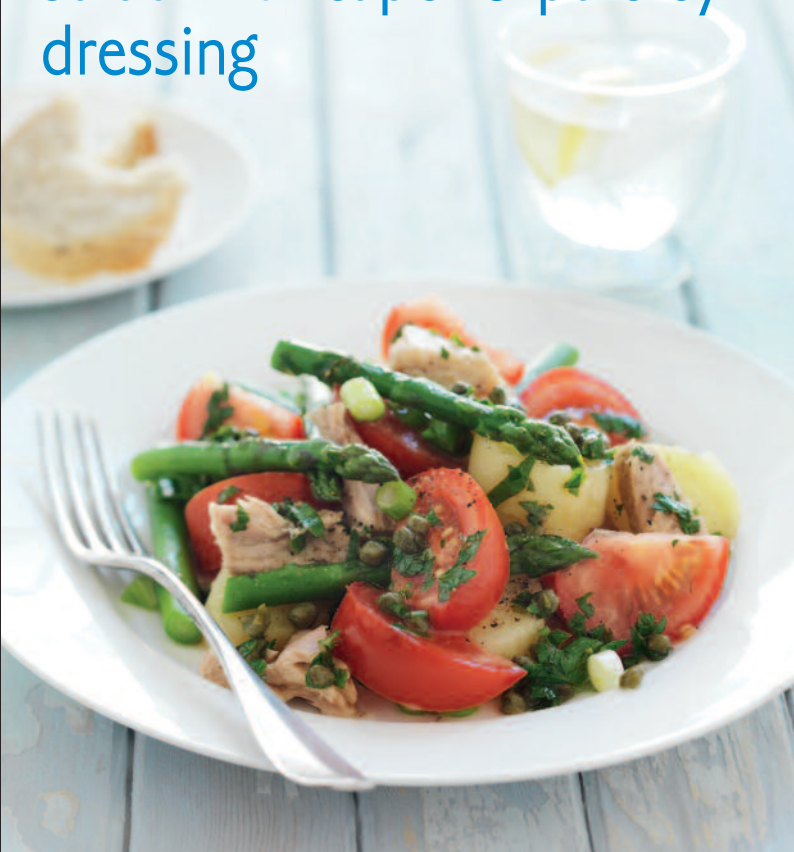


Potato, asparagus & tuna salad with caper & parsley dressing



Potato, asparagus & tuna salad with caper & parsley dressing

Preparation: about 15 minutes
Cooking: about 20 minutes
Serves: 4

10 new (even sized) chat potatoes
2 bunches asparagus, trimmed and halved
3 vine-ripened tomatoes, cut into thin wedges
3 green onions (shallots), thinly sliced
425g can tuna in oil, drained and roughly flaked

Caper & parsley dressing

¼ cup olive oil
2 tbs baby capers
2 tbs lemon juice
½ cup flat-leaf parsley leaves, chopped
Salt and ground black pepper

1. Place potatoes in a large saucepan of salted water. Bring to the boil over medium-high heat. Reduce heat and simmer for 12 minutes until almost tender. Add asparagus and cook for 2–3 minutes until potatoes and asparagus are just tender. Drain and refresh in cold water. Thickly slice potatoes. Place potatoes and asparagus in a large bowl. Add tomatoes, green onions and tuna. Gently toss to combine. Arrange on serving plates.
2. To make dressing, heat oil in a frying pan over medium heat until hot. Add capers and cook for 1 minute. Add lemon juice and parsley. Season with salt and pepper to taste. Stir to combine. Drizzle warm dressing over salad and serve.



Asparagus

- One of the best sources of natural folate. This B complex vitamin is important throughout life for heart health.
- A source of vitamin C which functions in the body as an antioxidant, helping to prevent damage to body tissues.