

Bio-Oz protein-packed Tuna Salad (Gluten free)

Ingredients

1 cup Bio-Oz buckwheat kernels
½ red onion
1 stick of celery
1 tomato
150g tinned tuna (drained)
Balsamic vinegar
Olive oil
Salt

Instructions

Dry roast the buckwheat kernels in a saucepan on a medium heat, stirring constantly for approximately 5 minutes. Allow to cool slightly before adding enough water to cover buckwheat by 5mm and bring to the boil.

Boil buckwheat for 5 minutes or until tender. Drain the excess water and allow to cool.

Dice red onion, celery and tomato and toss through buckwheat and tuna.

Drizzle with vinegar, olive oil, and add salt to taste.

You could add extras like a hard boiled egg, parsley, blanched green beans, olives or pumpkin seeds for variation.

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