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

Ingredients	Instructions
1 cup Bio-Oz buckwheat kernels	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.
½ red onion	
1 stick of celery	
1 tomato	
150g tinned tuna (drained)	Boil buckwheat for 5 minutes or until tender. Drain the excess water and allow to cool.
Balsamic vinegar	
Olive oil	Dice red onion, celery and tomato and toss through buckwheat and tuna.
Salt	
	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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Available in Australia only

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