



MEDITERRANEAN BROWN RICE SALAD WITH TUNA

Ingredients

1/2 cup brown rice
1 medium (185g) can tuna in oil, drained
1/2 cup cooked brown lentils (e.g. canned, rinsed, washed)
1 medium (120g) tomato, diced
1 small Lebanese cucumber, diced
2 sprigs Continental Parsley, chopped
1/2 cup frozen green peas
Zest and juice of 1 lemon
1 tablespoon baby capers
2 teaspoons pine nuts
Cracked pepper to taste

Directions

1. Cook brown rice as per packet instructions. Set aside in a mixing bowl to cool.
2. Cook peas until tender (microwave for 90 seconds on high).
3. Remove zest from lemon and add to rice. Stir in lentils.
4. Add tomato, cucumber, capers, parsley and lemon juice and mix well.
5. Serve garnished with pine nuts.

READY IN: 5 MIN
SERVES: 2