

TUNA ORANGE FENNEL

Time: 20 minutes

Serves: 4

Ingredients:

- 2 tablespoons fresh lemon juice
- 2 teaspoons dijon mustard
- 1 teaspoon kosher salt
- ¼ teaspoon cayenne pepper
- ¼ cup extra-virgin olive oil
- 5 ounces baby spinach
- 2 navel oranges – peeled and sectioned with two teaspoons zest reserved for garnish
- 1 bulb fennel – quartered and thinly sliced
- 2 6-ounce cans flaked tuna packed in water - drained
- 14-ounce can chickpeas – rinsed and drained
- ½ red onion – small dice
- 2 tablespoons cilantro - chopped

Preparation:

In a salad bowl, mix the lemon juice, mustard, salt and cayenne. Drizzle in the olive oil while constantly whisking.

Add the remaining ingredients to the bowl and toss gently to coat evenly with dressing.

Plate and garnish with orange zest, serving immediately.

Nutritional Information Per Serving:

- Calories: 436
- Fat: 18g
- Carbs: 40g
- Fibre: 11g
- Protein: 32g