

# Broccoli, quinoa & tuna lunch box salad



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Preparation 15 mins | Cooking 20 mins | Serves 4-6

- 1 cup white quinoa
- 800g broccoli, trimmed and cut into florets
- 400g can tuna in oil, drained and flaked
- 125g feta cheese, crumbled
- 2 tbs extra virgin olive oil
- ½ cup pepitas (pumpkin seeds)
- 1 small ripe avocado, peeled & diced
- 1 tbs lemon juice

**STEP 1** Place quinoa in a sieve and rinse in cold water. Combine quinoa and 2 cups water in a medium saucepan and bring to the boil over medium-high heat. Reduce heat to low, cover and cook for 15 minutes or until quinoa is cooked and water has been absorbed. Place quinoa into a large bowl. Set aside to cool slightly.

**STEP 2** Bring a large saucepan of water to the boil over high heat. Plunge broccoli into pan and cook for 2 minutes or until vibrant. Drain and run under cold water to cool. Set aside in a colander to dry. Finely chop broccoli.

**STEP 3** Add broccoli, tuna, feta, oil and pepitas to quinoa. Gently toss to combine and serve. Place avocado in a small bowl, sprinkle with lemon juice and gently toss to combine. Serve salads topped with avocado.

## Good for you... **BROCCOLI**

*Top of the class for its content of many nutrients, including iron (contributes to red blood cells), potassium (helps balance the sodium from salt) and vitamins, including vitamin C (necessary for normal blood vessel structure and function and contributes to collagen formation in teeth and gums).*

