

Watercress, avocado & tuna salad



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Preparation 15 mins | Cooking 1 min | Serves 4

Make sure the cucumber and watercress are well chilled so that they're ultra crisp.

400g broccoli, trimmed and cut into large florets
2 Lebanese cucumbers
3 cups fresh watercress sprigs*
½ small red onion, finely sliced
185g can tuna in oil, drained and roughly flaked
1 ripe avocado
1 tbs lime juice
2 tbs toasted mixed seeds

Sesame & lime dressing

¼ cup roasted sesame seed dressing**
2 tbs lime juice

**About 1 large bunch watercress, picked over.*

***Roasted sesame seed dressing is a delicious Japanese-style salad dressing available from most supermarkets in the Asian food section.*

STEP 1 Bring a frying pan of water to the boil over high heat. Add broccoli, cover and cook for 1 minute or until vibrant. Drain and refresh in cold water. Pat dry using paper towel. Cut broccoli into bite-sized pieces. Place into a large bowl.

STEP 2 Using a vegetable peeler, slice cucumbers lengthways into thin ribbons (discard seed core). Add cucumbers, watercress, onion and tuna to broccoli. Gently toss to combine. Arrange salad on a serving platter or plates.

STEP 3 Peel and dice avocado and toss in the lime juice. Sprinkle avocado mixture and seeds over salad.

STEP 4 To make dressing, combine ingredients in a small bowl. Drizzle dressing over salad, gently toss to combine and serve.