

## Couscous Salad with Tuna

Ingredients for 2 people:

1 can of tuna in extra virgin olive oil (drained weight 100 g); 160 g of wholemeal couscous; Extra virgin olive oil; Pepper; Juice of  $\frac{1}{4}$  lemon; 1 cleaned and seeded pepper, cut into cubes; 1 red onion, sliced; 8 basil leaves, roughly chopped; 2 sprigs of parsley, roughly chopped; 10 mint leaves, roughly chopped

Method: Bring 320 g of water to the boil, pour it over the couscous placed in a bowl with a spoonful of oil and let it rest covered for about 10 minutes. Let it cool and break it up with a fork to separate it.

Season with a few spoonfuls of extra virgin olive oil, lemon juice and pepper.

Add the pepper, red onion and tuna. Mix everything with some of the roughly chopped aromatic herb leaves.

Use the remaining herbs to garnish the salad.

