



TUNA SALAD

SERVES 4-5



INGREDIENTS

Salad

1 can tuna
1 can red kidney beans
1 can corn kernels
1/2 cup cooked rice
1 capsicum, diced
1 onion, diced
1 small block of cheese,
cubed

Dressing

6tbsp olive oil
3tbsp mayonnaise
dried majoram
juice of 1/2 lemon
2 garlic cloves, crushed
salt and pepper

METHOD

Combine salad ingredients in a large bowl.

Make dressing in a separate bowl.

Pour dressing over salad and mix to combine.

**YouTube: Sisters of the Holy
Family of Nazareth - Australia**