

Tuna with Radish, Soy and Honey Dressing

Serves 1

Preparation time: approx 10 mins

Ingredients:

1 x 60g can John West No Drain Tuna Chunks with a little sunflower oil
1 tablespoon clear runny honey
1 tablespoon olive oil
1 tablespoon dark soy sauce
4 radishes, washed and trimmed
5g picked coriander leaves
30g rocket salad



Method:

- 1 Put the honey, olive oil and soy in a bowl and whisk with a fork to mix well.
- 2 Thinly slice the radishes and stir into the dressing with the coriander leaves and rocket.
- 3 Add the John West tuna chunks, season to taste with salt and pepper, mix lightly and serve.

Tip: If making for a lunch box, make up the dressing, keep in container separate from the salad (to avoid salad leaves wilting). Add dressing to salad just before serving. Mix lightly and enjoy!