



## Tuna Orzo Salad

👤 2 ⌚ 10 min 🔥 462kcal

🍴 30g Protein

🍴 61g Carbs

🍴 4g Fibre

🍴 11g Fat

### INGREDIENTS

- 1 can tuna, drained
- 150g orzo (raw weight)
- ½ red onion chopped finely
- ½ cucumber chopped finely
- ½ red pepper chopped finely
- Handful parsley, chopped finely
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt & Pepper to taste

### INSTRUCTIONS

- 1) Cook the orzo as per the instructions, drain, rinse with cold water to cool it and set aside
- 2) Combine all other ingredients in a mixing bowl, add the orzo, mix through and serve

Check out my website for meal plans and more recipes [www.myfitzone.co.uk](http://www.myfitzone.co.uk)

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form, or by any means without prior written permission of MyFitZone. \*Library image may have been used

*AC* ANNA  
COUSINS