

MEDITERRANEAN CHICKPEA AND TUNA SALAD

Prep time: 10 min | Cook time: 0 min

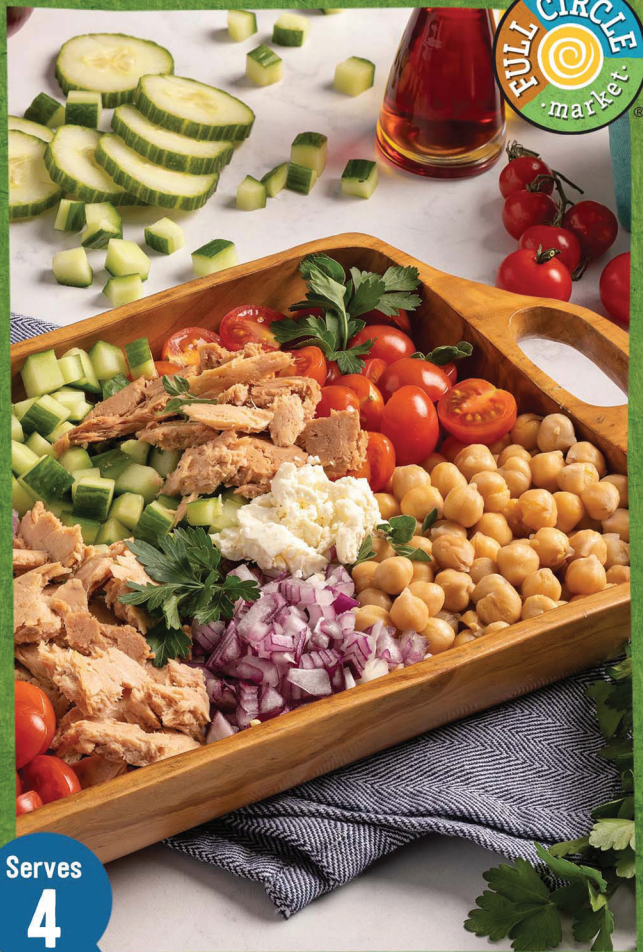
Total time: 10 min

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried oregano
- 3 (2.5-ounce) Full Circle Tuna Pouches
- 1 (14-ounce) can chickpeas, rinsed and drained
- 1 English cucumber, diced
- 1 small red onion, diced

METHOD

1. In a large bowl whisk together red wine vinegar, olive oil, salt, pepper and oregano.
2. Add tuna, chickpeas, cucumber, red onion, tomatoes and parsley. Mix to combine.
3. Gently fold in feta cheese. Serve immediately or cover and refrigerate.



Serves

4