

# No-Tuna Salad

Total time **15 mins** 15 mins preparation time

Nutritional facts (per portion):  
**650 kJ / 155 kcal**

Fat: **5.9 g** Protein: **7.4 g**  
Carbohydrates: **15.7 g**

## INGREDIENTS

4 portion(s)

<b>1</b>	tin of chickpeas
<b>1</b>	small red onion
<b>0.5</b>	red bell pepper
<b>2 tbsp</b>	tahini (sesame paste)
<b>2 tbsp</b>	capers
<b>2 tbsp</b>	Kikkoman Naturally Brewed Soy Sauce
<b>1 tbsp</b>	smoked paprika
<b>2 tbsp</b>	chopped chives

## PREPARATION

### Step 1

Rinse and drain the chickpeas. Peel the onions, wash the pepper, remove the top, pith and seeds and cut into small cubes.

### Step 2

Crush the chickpeas with a fork and combine them with the onions, pepper, tahini and capers. Season with soy sauce, paprika and 1 tbsp. chives.

### Step 3

Garnish the No-Tuna Salad with the remaining chives and serve with toast, tomatoes and onion rings.