

## **No-Tuna Salad**

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

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

## INGREDIENTS

4 portion(s)

- 1tin of chickpeas1small red onion0.5red bell pepper2 tbsptahini (sesame paste)2 tbspcapers2 tbspKikkoman Naturally
- Brewed Soy Sauce
- **1 tbsp** smoked paprika
- **2 tbsp** chopped chives

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

## 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.