

Summer Salad with Potato, Egg, Tuna and Vegetables

IDDSI Level 5/6

Lunch

Recipe Source: Chef Jose at Broadmead Rest Home

Time to make: 40 mins

Servings: 1

Ingredients:

Peeled potatoes
Peeled and deseeded peppers
Peeled carrots
2 eggs
Tinned tuna
Mayonnaise
Salt and pepper

Instructions:

- Chop all the vegetables to pieces no bigger than 1.5cm.
- Place all the veg in a pan. Cover with water and cook until soft. Once cooked, cool in cold water.
- Boil the eggs. Cool in cold water, then finely chop.
- Place the cooled vegetables in a bowl. Add the eggs, tuna, mayonnaise and salt and pepper to taste. Mix well.
- For Level 5, mash with a fork to achieve the correct consistency.
- Place in the fridge until serving.
- Use a ring mould to plate it.

Dietitian's Top Tips:

The eggs and tuna in this dish provide you with good protein sources.

If you want to reduce your fat intake or overall calories try using low fat mayonnaise; if you need to gain weight, we would suggest using full fat versions.