

italian tuna salad

Tupperware®

Serves 2

5 oz./140g can tuna packed in water, drained
2 tbsp. pickles
1 tbsp. flat-leaf parsley
salt and pepper, to taste

¼ cup red onion, roughly chopped
1 tbsp. drained capers
3 tbsp. red wine vinaigrette (recipe follows)

Place all ingredients in the base of your Chop 'N Prep™ Chef. Replace cover, twist to seal and pull cord 4–5 times or until desired consistency is achieved.

red wine vinaigrette

Makes 3/4 cup

¼ cup red wine vinegar
1 tsp. honey
salt and pepper, to taste

2 tbsp. lemon juice
½ cup extra-virgin olive oil

Place all ingredients in Quick Shake® Container, seal and shake well to combine. Use three tablespoons for tuna salad and use remaining vinaigrette as a salad dressing. Store in the refrigerator.

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