

Sea Fare Pacific

Quinoa Tuna Salad

For two servings

Ingredients:

- 1/2 cup quinoa
- 1-6 ounce pouch of Sea Fare Pacific Sea Salt Tuna
- 1 cup asparagus, cut into 2-inch lengths
- 1/3 cup chopped red bell pepper
- 1 tablespoon capers, drained and rinsed
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 heaping tablespoon chopped chives



Directions:

Cook the quinoa in lightly boiling water until translucent, about 10 minutes, add the asparagus and boil for 1-2 minutes more. Drain and set aside.

While the quinoa is cooking, combine the tuna, bell pepper, and capers in a bowl.

In a blender, combine the olive oil, lemon juice, chives and a pinch of kosher salt. Blend until emulsified.

Add the cooked quinoa and asparagus to the bowl with the other ingredients. Pour the vinaigrette over and toss to combine. Season to taste with salt and freshly ground black