

TUNA AND POTATO SALAD



A deliciously simple salad, vibrant and tasty. Using tinned potatoes reduces the cost, and adds to the simplicity and convenience. It also means that it's easy for even the youngest children to make, with only a little adult guidance/support.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; cut using bridge/claw technique safely; snip herbs with scissors; season to taste.

Equipment: Chopping board, table knife, scissors, measuring spoons, jug, small bowl, fork, spoon, can opener, serving plate/bowl.

Allergens*: Fish

Ingredients (serves 2):

- 180g new potatoes, canned in water, drained
- 180g tuna, canned in sprng water, drained
- 1/4 cucumber
- 6 cherry tomatoes
- 2 spring onions
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 tbsp fresh parsley, chopped/snipped
- 1 clove garlic, crushed

Method

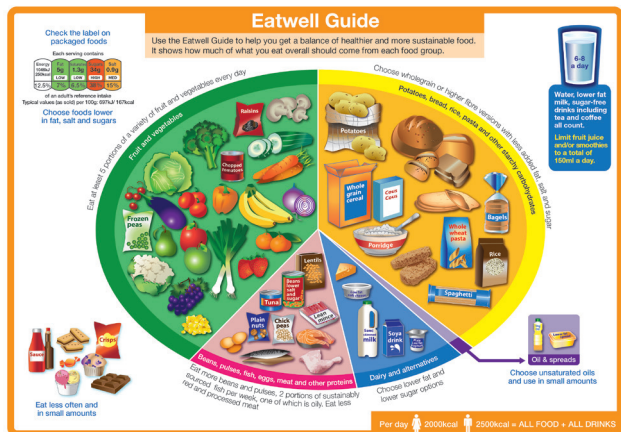
1. Prepare cucumber and tomato using bridge cutting method and add to the serving bowl.
2. Snip the spring onions, using scissors, and add to the cucumber and tomato.
3. Drain the new potatoes and cut any large potatoes using the bridge cutting method. Add to the serving bowl.
4. Measure the olive oil and lemon juice in to the small bowl and add the crushed garlic.
5. Place the parsley in the measuring jug and snip using scissors to cut finely. Add to the oil and lemon juice and whisk well with a fork.
6. Pour the dressing over the vegetables and mix to coat.
7. Drain the tuna and flake over the dressed vegetables.

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



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Nutrition Information



Source: Public Health England in consultation with the Food Commission, Food Standards Scotland and the Food Standards Agency Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Tuna and Potato Salad...

Tuna is a great source of protein, vitamin D, B vitamins and a range of minerals. Fresh tuna is an oily fish containing beneficial omega-3 fatty acids however canned tuna does not count as an oily fish as it has less omega-3s.

Potatoes are very nutritious and low in calories. If eaten with the skin on they are high in complex carbohydrates and fibre. They are a good source of vitamin C and B6, and minerals.



Energy, sugar, fat and salt per serving

Per 320g serving

ENERGY	1193kJ / 285kcal	14%
FAT	15.0g	21%
SATURATES	2.4g	12%
SUGARS	3.9g	4%
SALT	0.2g	3%

% of an adult's reference intake
Typical values per 100g : Energy 373kJ / 89kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.