

Farro, Tuna & Asparagus Salad

Serves 4 Prep Time 10 minutes **Cook Time** 10 minutes

Ingredients

- 200g farro
- 250g bunch of fresh asparagus*
- 1 Tbsp olive oil
- 70g sliced almonds
- 2 x 185g tins chunky style tuna in springwater
- 1 red and green fancy lettuce, washed and roughly torn
- 1 red onion, finely sliced
- 250mL bottle **Eta Lite & Free Honey Mustard Dressing**

Method

1. Soak the farro in cold water for 20 minutes, then drain.
3. Place the farro in a large saucepan, cover with fresh cold water and bring to the boil. Simmer for 20 minutes or until tender, drain well and set aside.
4. While the farro is cooking bring a large pot of water to the boil, quickly blanch the prepared asparagus. Plunge into a bowl of cold water to stop the cooking process, drain and slice into about 4cm long pieces and set aside.
5. Take a fry pan add the olive oil, heat and gently toast the almonds, set aside.
6. Drain the tuna and break up slightly.
7. Combine the ingredients of the salad into a serving bowl and drizzle over approximately ¼ cup of the **Eta Lite & Free Honey Mustard Dressing**.

Tips

For an easy salad on-the-go take a clean jar, pour in the **Eta Lite & Free Honey Mustard Dressing** and then layer the other ingredients. Top with the lid to transport.

Use brown rice in place of the farro.

* If asparagus is unavailable use 250g of fresh green beans.