



Carrot, Tuna, and Avocado Salad

Servings: 2 servings

Ingredients

3 large carrots, peeled and julienned
1/2 medium onion, sliced thinly
1 t salt
5 oz canned Italian tuna, drained
1 avocado, cut into cubes
few sprigs of parsley, minced (about 2-3 T)
2 t sesame oil
1/4 t black pepper
salt to taste

Directions

Put the carrots and sliced onion in a bowl and add salt. Let this sit for 30 min or until the carrots have released some liquid. Squeeze the carrots using a kneading motion to coax out more liquid.

Grab a large clump of carrot and squeeze as much water out as you can, discarding the liquid. Put the squeezed carrot in a separate bowl, and then add the tuna, avocado, parsley, sesame oil and pepper. Toss to combine then adjust salt to taste.

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