

Mediterranean Rainbow Tuna Salad with Mustard Dressing

A vibrant, protein-packed salad featuring colorful vegetables and lean tuna, dressed with tangy mustard vinaigrette—perfect for stable blood sugar levels.

Prep: 15 min

Total: 15 min

Servings: 4

GL 11.6 / GI 35

Ingredients

- Rich in vitamin C, very low GI

red bell pepper, sliced
- Raw carrots have lower GI than cooked

large carrot, grated
- Medium GI - use sparingly or reduce amount

canned sweetcorn kernels, drained
- Low GI, high fiber vegetable

sugar snap peas
- Medium GI but nutrient-dense

cooked baby beetroot, quartered
- Lean protein, zero glycemic impact

canned tuna in spring water, drained and flaked
- Choose olive oil-based for heart health

mayonnaise
- Helps lower glycemic response

fresh lemon juice
- May improve insulin sensitivity

wholegrain mustard
- For dressing consistency

water
- Negligible glycemic impact, high volume

lettuce leaves
- logifoodcoach.com/recipes/mediterranean-rainbow-tuna-salad-with-mustard-dressing

Adds flavor without sugar

spring onion, sliced

Instructions

Step 1

Begin by preparing all your vegetables. Wash and slice the red bell pepper into thin strips, grate the carrot using a box grater, trim the sugar snap peas, and quarter the cooked baby beetroot. Drain the canned sweetcorn thoroughly in a colander, pressing gently to remove excess liquid.

Step 2

Open the can of tuna and drain it completely, pressing gently to remove excess water. Flake the tuna into bite-sized pieces using a fork, ensuring no large chunks remain. Set aside.

Step 3

In a large mixing bowl, combine the sliced red pepper, grated carrot, drained sweetcorn, sugar snap peas, quartered beetroot, and flaked tuna. Gently toss the ingredients together until evenly distributed, being careful not to break up the beetroot too much.

Step 4

Prepare the mustard dressing by whisking together 100g mayonnaise, 1 tablespoon fresh lemon juice, 2 tablespoons wholegrain mustard, and 2 tablespoons water in a small bowl. Mix vigorously until the dressing is smooth and well-emulsified. The water helps thin the mayonnaise to create a pourable consistency. Adjust consistency with additional water if needed, adding 1 teaspoon at a time.

Step 5

Wash and dry the lettuce leaves thoroughly using a salad spinner or clean kitchen towel. Arrange them as a bed in a large serving bowl or on individual plates, creating a nest to hold the salad mixture.

Step 6

Spoon the colorful tuna and vegetable mixture onto the lettuce-lined bowl. Distribute evenly if serving family-style, or divide among four individual plates for portion control, ensuring each serving gets approximately 85g of the corn mixture.

Step 7

Drizzle the mustard dressing over the top of the salad just before serving, using approximately 2-3 tablespoons per serving. Garnish with thinly sliced spring onion for a fresh, mild onion flavor and visual appeal.

Step 8

Serve immediately for best texture and freshness. For optimal blood sugar management, eat the protein and non-starchy vegetables first, saving any higher-carb components like sweetcorn for last. Store any leftover components separately in airtight containers in the refrigerator for up to 3 days. Keep the dressing separate until ready to serve to maintain crispness.