AMERICAN · LUNCH · DINNER

Protein-Packed Tuna and Chickpea Salad

15 min · Serves 4 · 210 kcal a serve · Video 4:35 · Clean & Delicious

Pescatarian · Gluten-free ingredients · No nuts listed

Tuna, chickpeas and Greek yoghurt give each serve about 23 g of protein and 5 g of fibre for around 210 kcal, with yoghurt instead of mayonnaise keeping it light. No cooking needed.

Diet notes: Low saturated fat (1.5 g, 6% of the energy); DASH-friendly (440 mg sodium a serve).

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Ingredients 10 · SERVES 4

- [ ] 1 × 15 oz can **chickpeas**, drained and rinsed
- [ ] 2 × 5 oz cans **tuna** in water (skipjack), drained
- [ ] a heaped ½ cup **Greek yoghurt**
- [ ] ½ cup diced **red onion**
- [ ] ½ cup diced **celery**
- [ ] 1 tbsp **capers**, roughly chopped
- [ ] **Lemon juice**: zest of 1 lemon
- [ ] 2 tbsp chopped **fresh dill or parsley**
- [ ] a pinch of **sea salt**
- [ ] a little **black pepper**

Allergens found in the listed ingredients: Fish, Milk, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Drain and rinse the chickpeas, tip them into a large bowl and roughly mash with a fork or potato masher so some break down and some stay whole. 0:50
2. Drain the tuna well and add it to the bowl with the Greek yoghurt. 1:29
3. Add the diced red onion and celery, chopped capers, lemon zest and fresh dill or parsley, then season with a pinch of salt and pepper. 2:26
4. Toss gently until creamy and well mixed. Serve on wholegrain bread, over salad greens, in lettuce cups or with crackers and raw veg. 3:38

Tip Serves 4 (her written recipe). Keeps up to 4 days in the fridge, so it's ideal for packed lunches. She picks skipjack tuna for its lower mercury.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
210 kcal 880 kJ	23 g 47% of a day	20 g 15 g net · 5.2 g sugars 7% of a day

FIBRE	FAT	SODIUM
5.3 g 19% of a day	3.9 g 1.5 g saturated 5% of a day	440 mg 19% of a day

Energy from net carbs 32% · protein 49% · fat 19%

High in (20%+ of a day) Selenium 82% · Vitamin B12 70% · Folate 31% · Vitamin B6 20%

Source of (10–19%) Iron 16% · Zinc 15% · Magnesium 13% · Omega-3 12%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=3RzaLjKPYuM, published 25 July 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tuna-chickpea-greek-yoghurt-salad