



Tuna stuffed avocado

15'
Hands on

2-4
Portion(s)

1
Difficulty



Method

- In a bowl add the tuna, the chili pepper finely chopped, the green part of the spring onions, the coriander and the mint finely chopped, and mix.
- Cut the tomato in half and remove its seeds and juices. Cut the flesh into small cubes and add them to the bowl.
- Add the lime zest and juice, salt, pepper, the olive oil, and mix.
- Cut the avocados in half and carefully remove their flesh. Put it back into the avocados and transfer them to a bowl with ice.
- Divide the filling among the avocados and serve with the lime slices, coriander, the chili pepper finely chopped, and olive oil.

Ingredients

- 160 g tuna, smoked
- 1/2 chili pepper
- 2 spring onions
- 1 tablespoon(s) coriander
- 1 tablespoon(s) mint
- 1 tomato
- lime zest, of 1 lime
- lime juice, of 1/2 lime
- 2 tablespoon(s) olive oil
- salt
- pepper
- 2 avocado(s)

To serve

- lime(s)
- coriander
- chili pepper
- olive oil
- pepper

Διατροφικός πίνακας

Nutrition information per portion

341 Calories (kcal)	31.0 Total Fat (g)	5.8 Saturated Fat (g)	3.1 Total Carbs (g)
17%	44%	29%	1%
1.6 Sugars (g)	9.7 Protein (g)	2.9 Fibre (g)	0.66 Sodium (g)
2%	19%	12%	11%