



Tuna with green salad

15'
Hands on

10'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 200 g green beans, frozen
- 200 g peas
- 1 cucumber
- 1 chili pepper, greek
- 1 avocado(s)
- 1 zucchini
- lime juice, of 2 limes
- lime zest, of 2 limes
- 50 g olive oil
- salt
- pepper
- 500 g tuna, fresh
- 50 g sesame seeds
- mint, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

433 Calories (kcal)	24.0 Total Fat (g)	4.4 Saturated Fat (g)	11.0 Total Carbs (g)
22%	34%	22%	4%
5.0 Sugars (g)	40.0 Protein (g)	7.8 Fibre (g)	0.39 Sodium (g)
6%	80%	31%	7%

Method

- In a **pot**, add water and boil it. When it comes to a boil, add the beans and peas and boil for 3-4 minutes over medium to high heat.
- When both are cooked, strain and transfer to a **bowl** filled with water and ice (the ice is used so that they don't lose their color and to stop the boiling).
- **Cut** the cucumber in half and then into 4, in slices. Cut in slices the pepper, peel and cut the avocado and zucchini and place them in a bowl.
- In the bowl with the vegetables, add the lime zest and juice, 25 g oil, salt, pepper and mix.
- Cut the tuna into large 3-4 cm pieces. Brush with 25 g oil, season with salt and pepper and sauté in the **pan** for 2-3 minutes over high heat.
- Remove tuna from pan and cut into 2 cm slices.
- Serve the tuna on top of the salad and sprinkle with the sesame and mint.