



Deconstructed Tuna Bowl

Ingredients (Serves 10):

- 1 1/2 Cup Brown rice, uncooked
- 475g (5 small cans) Tuna, in springwater
- 1 Cucumber, diced
- 1 Avocado, mashed
- 3 tbsp Greek yoghurt
- 1 tbsp Soy sauce, salt reduced
- 2 tsp Lemon juice
- 1 Carrot, grated
- Nori, shredded (optional)



Method:

1. Cook the rice according to packet directions.
2. Drain tuna and mix with soy sauce.
3. Combine mashed avocado, lemon juice and yoghurt.
4. Top cooked rice with tuna, diced cucumber, shredded carrot, avocado
5. Garnish with nori (optional).

