

Tuna Salad Lettuce Wraps

Serves 2

1 ¼ cup (280g) tuna in olive oil, drained

1 tbsp. tomato puree

1 small red onion, finely chopped

½ Granny Smith apple

8 lettuce leaves

What you need to do

1. Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.
2. Chop the red onion as fine as possible and add to the tuna. Cut the apple in 2 parts and remove the core. Chop the apple into small cubes and also add to the tuna. Mix everything.
3. Spread the tuna over the 8 lettuce leaves and serve as wraps.

GF	DF	LC	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	286	9	14	38

*Nutrition per serving

