

THAI TUNA LETTUCE BOATS

Serves 2

INGREDIENTS

200g tuna in water, drained weight
55g Cos lettuce leaves
55g Brown mushrooms, diced
55g Red onion, diced
55g Red Cabbage, diced
55g Cucumber, diced
Coriander leaves, roughly chopped
Mint leaves, roughly chopped
1 finely sliced red chilli (optional)
1 tsp finely grated garlic
1 tsp finely grated ginger
2 tbsp lemon juice
1 tsp white vinegar
1/2 tsp salt, or to taste (optional)



HOW TO

First remove the cos lettuce leaves from the stalk, then set aside 6 nice looking leaves that will be your serving vessels. Now comes the easy part - roughly chop the remaining lettuce leaves and add to a mixing bowl. Add in the rest of your diced vegetables (you can vary it up here - simply place which ever amount of veg that you prefer to your scale, then add in the rest in what ever quantities you like, as long as it adds up to your 140g quota, per person) followed by your tuna, then your fresh herbs - you can be as liberal as you want here. Divide your tuna and veggie mixture between your chosen lettuce 'boats'.

In a separate bowl, add you garlic, ginger, lemon juice, vinegar and chilli (if you are using) and mix. Taste the sauce, and if you feel it needs salt, add a pinch or two. Drizzle this over your tuna 'boats' and enjoy.

PER PERSON:

100g protein
140g vegetables