

ASIAN TUNA RICE BOWL



INGREDIENTS

2 x 120g cans **Princes Drained Tuna Steak with a little Spring Water**

1 stalk lemongrass, halved

5cm piece fresh root ginger, peeled and chopped

1 bunch spring onions, trimmed and finely sliced

1 carrot, cut into matchsticks

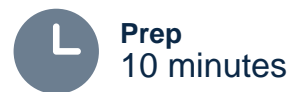
1 red pepper, deseeded and finely sliced

100g sugar snap peas or mangetout, halved

1 head pak choi, sliced

1 red or green chilli, deseeded and thinly sliced

1 x 250g pack microwave long grain rice



Add an Asian influence to your mealtimes with this tasty tuna rice bowl.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	71kcal	2g	0g	0.1g	0.05g
RI%	4%	2%	0%	1%	1%

METHOD

1. Tip the cans of tuna onto a plate and break into chunks. Set aside.
2. Bash the lemongrass pieces with a rolling pin. Put them into a steamer with the ginger, spring onions, carrot, red pepper, sugar snap peas or mangetout, pak choi and chilli. Steam for 5 minutes.
3. After 3 minutes, microwave the rice according to pack instructions.
4. Serve the rice in bowls, topped with the steamed vegetables and tuna chunks.

