



## Tuna Salad Meal Prep



Serves  
2



Prep  
10



Cooking  
-

Prepare this delicious turkish inspired tuna salad meal prep for days of healthy decisions.

	Calories	Sugars	Fat	Saturated Fat	Salt
Per 100g	75KCAL	3.8G	0.6G	0.2G	0.2G
RI%	4%	4%	1%	1%	3%

### Method

- 1 Drain the cans of tuna, then mix with the red onion and a few drops of lemon juice.
- 2 Mix the red cabbage, carrot and apple and toss with the remaining lemon juice and a little salt and pepper.
- 3 Combine the yogurt, cucumber and mint and pack into two small pots.
- 4 Share the cabbage combo, lettuce and tuna mixture between two lunch boxes, along with the pots of yogurt mix and pitta breads.



### Ingredients

- 2 x 145g cans Princes Tuna Chunks in Spring Water
- 2tbsp finely chopped red onion
- 2tbsp lemon juice
- 150g red cabbage, finely shredded
- 1 carrot, grated
- 1 apple, cored and chopped
- Salt and freshly ground black pepper
- 125g plain yogurt
- 50g cucumber, finely chopped
- 1tbsp chopped fresh mint
- 50g lettuce leaves, shredded
- Mini pitta bread, to serve



*Visit [www.princes.co.uk](http://www.princes.co.uk) for more recipe ideas*