



Tuna Sweet Potato Jacket with Mango and Red Onion Salsa



Serves
2



Prep
10 minutes



Cooking
12 minutes

Sweet potatoes are so good for you – and they taste fantastic filled with tuna and a lively mango salsa.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	52kcal	4.3g	0g	0g	0.04g
RI%	3%	5%	0%	0%	1%

Method

1. Tip the cans of tuna onto a plate and break into chunks. Set aside.
2. To microwave the sweet potatoes, allow 10-12 minutes on full power, Ensure sweet potatoes are piping hot throughout.
3. Meanwhile, mix together the mango, chilli, cucumber, red onion and parsley. Season.
4. Fill the sweet potatoes with the mango salsa and top with the tuna chunks. Add a squeeze of lime or lemon juice, then serve.

Ingredients

2 x 110g cans Princes Drained Tuna Steak in Spring Water

2 sweet potatoes, scrubbed

1 small ripe mango, pitted, peeled and finely chopped

½ red or green chilli, deseeded and finely chopped

¼ cucumber, finely chopped

½ red onion, finely chopped

1tbsp finely chopped fresh parsley

Salt and freshly ground black pepper

Squeeze of lime or lemon juice

