



Tuna, Tomato and Smashed Avocado Stacks



Serves
1



Prep
10 minutes

Create a tasty, satisfying, healthy lunch or snack with just a few simple ingredients.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	101KCAL	2.5G	3.4G	0.7G	0.21G
RI%	5%	3%	5%	4%	4%

Method

1 Drain the tuna, and break into chunks.

2 Mash the avocado with a fork, adding a few drops of lemon juice and a little salt and black pepper. Spread onto the bases of the sandwich thins.

3 Mix the tuna chunks with the tomato, red onion and pepper. Season. Share between the sandwich thins, positioning the tops in place. Serve garnished with flat leaf parsley or rocket.

Ingredients

- 1 x 145g can Princes Tuna Chunks in Spring Water
- 1 small ripe avocado, halved, pitted and peeled
- A few drops of lemon juice
- 2 wholemeal sandwich 'thins'
- 1 tomato, chopped
- 1tbsp finely chopped red onion
- 2tbsp chopped red pepper
- 1tbsp chopped yellow pepper
- Salt and freshly ground black pepper



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