



Spicy Tuna Jackets



Serves
2



Prep
5 minutes



Cooking
8 minutes

Fast, easy and flavourful, these spicy tuna jackets hit the hunger spot when time is tight.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	84kcal	1.6g	0g	0.2g	0.11g
RI%	4%	2%	0%	1%	2%

Method

1. Drain the cans of tuna, then mix with the chilli, tomatoes, red onion, coriander and cottage cheese.
2. To cook the potatoes in the microwave, allow 10-12 minutes on full power. Ensure that the potatoes are tender throughout before eating.
3. Fill the baked potatoes with the tuna mixture. Garnish with watercress sprigs and serve.

Ingredients

2 x 145g cans Princes Tuna Chunks in Spring Water
½ red or green chilli, finely chopped
6 cherry tomatoes, chopped
1tbsp finely chopped red onion
1tbsp finely chopped fresh coriander
150g low fat cottage cheese
2 large baking potatoes
Watercress sprigs, to garnish

