

# TUNA MAYONNAISE



## QUICK

Less than 5  
mins prep

## HEALTHY

Tinned tuna is a great source of protein and selenium both of which are needed for an efficient immune system

## FAMILY



Feeds 4

## MEALS

When lunch is a bowl of soup, eat this tuna mayonnaise on crackers to boost the protein and keep you feeling fuller for longer

## INGREDIENTS

- 2 x 145g tinned tuna
- 2 pickled cucumbers\*
- 1/2 lemon
- 1 heaped tbs capers
- 1 tbs mayonnaise\*
- S & P

\*For a pickled cucumber recipe see my website

## METHOD

- 1) Drain the tuna and put in a dish
- 2) Finely dice the pickled cucumbers and add
- 3) Add the capers
- 4) Squeeze over the juice of ½ lemon
- 5) Add 1 tbs mayonnaise
- 6) Mix well
- 7) Season and taste - add more S&P, mayonnaise or lemon to taste
- 8) Serve



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)