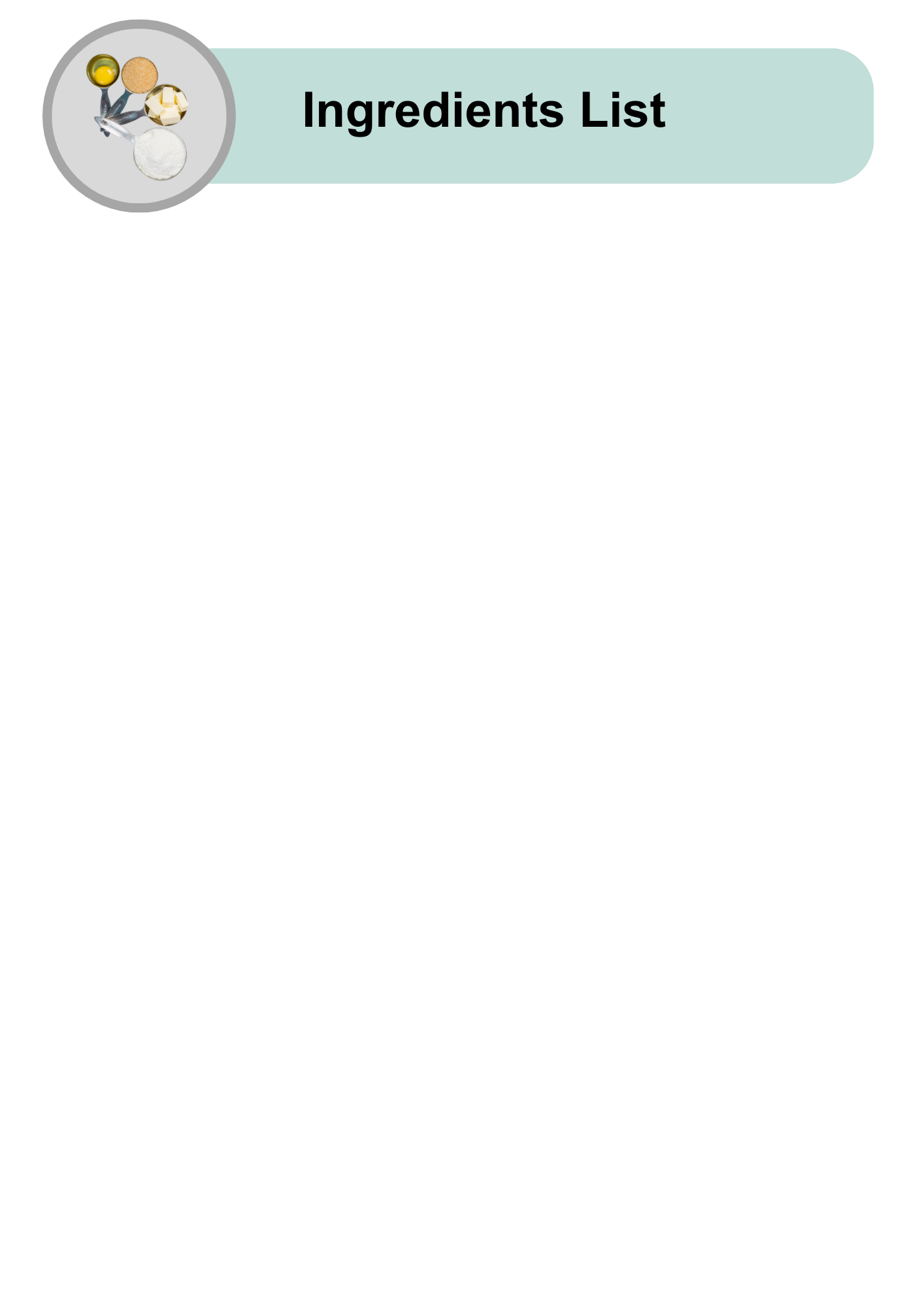
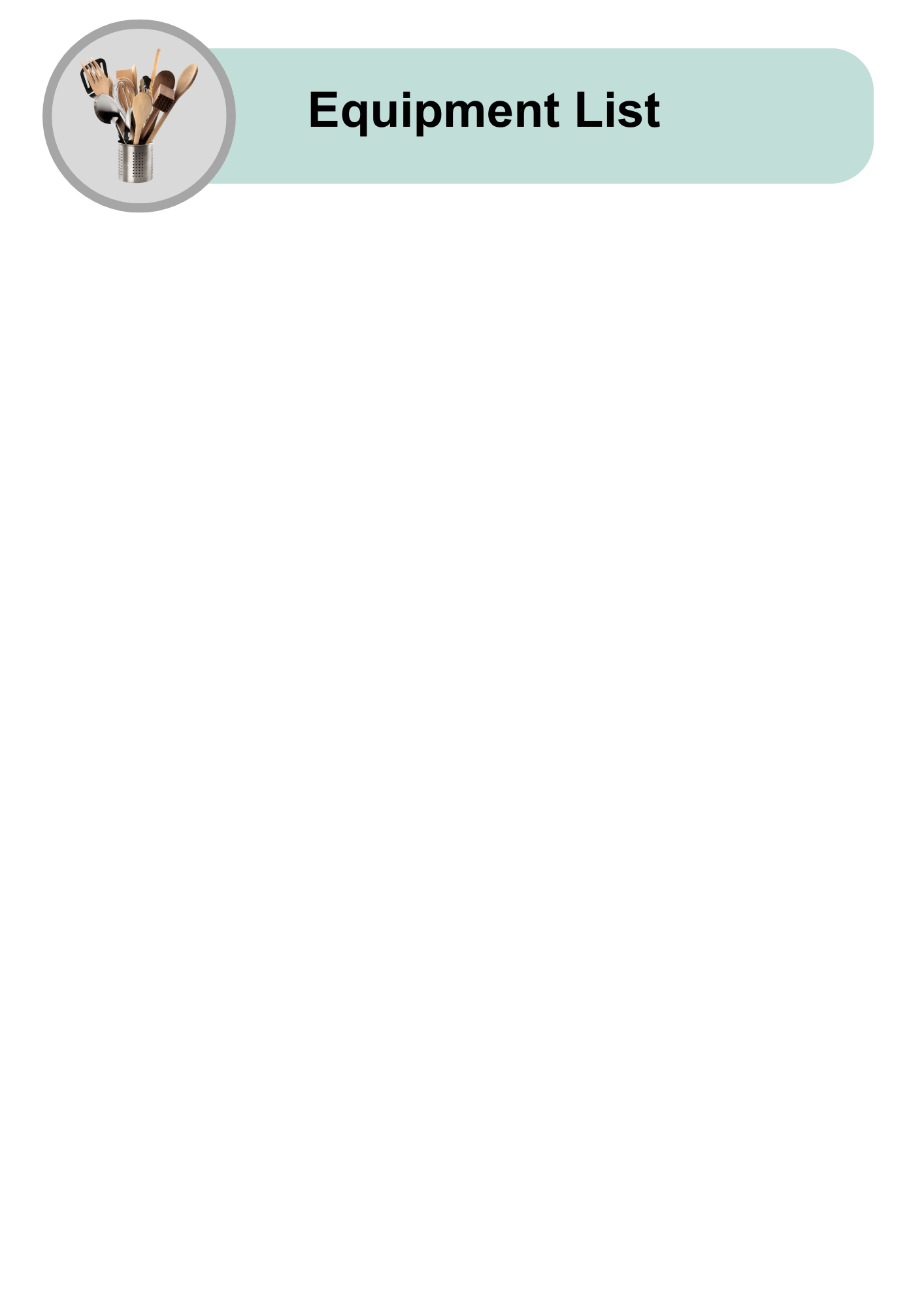


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| A clock icon with a teal border and white face, showing a highlighted blue segment representing 5 minutes. The number '5' is displayed prominently in black with the word 'min' written below it. | This recipe takes 5 minutes to make. |
| An image of a bowl of chilli and lime tuna garnished with a lime wedge, red chillies, and green onions. Below the bowl are four black stick figure icons representing four servings. | It will serve 4 people. |
| Two shiny metal spoons placed side by side on a plain grey background. | 2 tablespoons is 1 serving. |



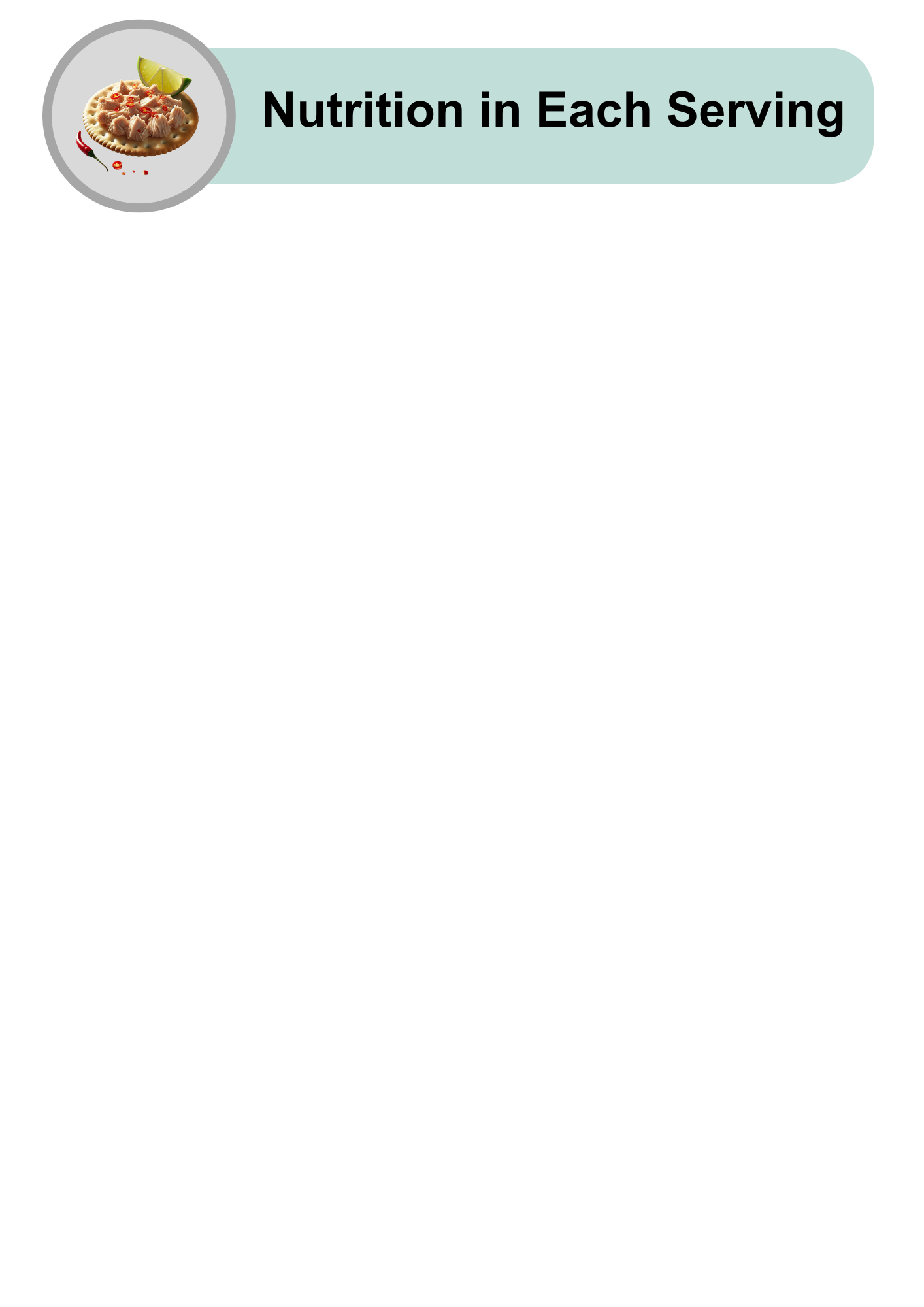
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| An open gold tin filled with shredded tuna, with water droplets on the outside of the can, placed on a plain grey background. | 400g tin of tuna in Springwater |
| A single bright red chilli pepper with a green stem, placed on a plain grey background. | 1 small fresh red chilli |
| A whole green lime next to a lime half showing its bright green, juicy interior, placed on a plain grey background. | Half a fresh lime |
| A silver measuring spoon filled with golden olive oil, placed on a plain grey background. | 1 tablespoon of Extra Virgin Olive Oil |
| A glass shaker filled with ground black pepper, topped with a shiny silver lid, on a plain grey background. | 1 teaspoon of black pepper |
| A glass shaker filled with white table salt, topped with a shiny silver lid, on a plain grey background. | 1 teaspoon of salt |



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| A plain white ceramic bowl with a simple, clean design, placed on a light grey background. | Medium mixing bowl |
| A rectangular wooden cutting board with a handle cutout on one side, placed on a light grey background. | Chopping board |
| A sharp chef’s knife with a wooden handle featuring a polished metal blade, placed on a light grey background. | Large knife |
| A yellow plastic citrus juicer with a ribbed cone and juice strainer, placed on a plain grey background. | Juicer |
| A shiny metal spoon with a simple, reflective design, placed on a light grey background. | Tablespoon |
| A wooden spoon with a smooth finish, placed on a plain grey background. | Large spoon for mixing |
| A smiling woman wearing a red and white striped apron, holding two wooden spoons while stirring a pot. She is surrounded by fresh vegetables, including tomatoes, bell peppers, cucumbers, and a cabbage, on a grey background. | A support person to help open the can safely |



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| Hands opening a can of tuna with a pull-tab, revealing the contents inside, on a plain grey background. | Ask for help to open the tuna can. |
| A tin can lid with sharp edges, accompanied by a yellow warning sign with an exclamation mark, placed on a plain grey background. | The lid is sharp. |
| A can of tuna being emptied into a plain white bowl, represented by a red arrow pointing from the can to the bowl, on a grey background. | Put the tuna in the bowl. |
| A hand dropping an empty tin can into a white bin with the lid open, symbolising disposal or recycling. | Put the empty can in the bin safely. |
| A whole red chilli and slices of chilli on a grey background. Below them are a knife and a cutting board with a plus sign in between, representing the chopping process. | Cut the chilli into small pieces.  Use the knife on a chopping board. |
| A plain white bowl with sliced chillies falling into it, representing adding chillies to the bowl. | Add the chilli to the bowl. |
| A hand squeezing a lime half over a yellow citrus juicer, with the juicer positioned above a plain white bowl, representing lime juice being added to the bowl. | Squeeze the lime.  Use the juicer.  Add the lime juice to the bowl. |
| A plain white bowl with olive oil, salt, and pepper being added, represented by a spoon of oil and two shakers hovering above the bowl. | Add olive oil, salt, and pepper. |
| A plain white bowl with a spoon inside it and arrows indicating stirring, representing mixing the ingredients. | Mix everything together with a spoon. |
| A vertical arrangement of four food options for serving chilli and lime tuna. From top to bottom: a plate of salad topped with tuna, a black bowl filled with white rice, a sandwich with tuna and lettuce on a white plate, and a colourful nourish bowl with vegetables, corn, beans, and tuna. The accompanying text suggests serving the tuna on a salad, with rice or quinoa, in a sandwich or wrap, or as part of a nourish bowl. | You can eat the chilli and lime tuna:   * On top of a salad * With rice or quinoa * In a sandwich or wrap * As part of a nourish bowl. |



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| A cartoon-style illustration of various foods, including chicken, fish, carrots, and an egg, with a lightning bolt icon above, representing energy or nutrients. | | | Quite high in energy |
| An assortment of high-protein foods, including raw salmon, chicken breast, steak, eggs, nuts, grains, and cheese, arranged on a light grey background. | | | High in protein |
| A collection of healthy fat sources, including raw salmon, avocado halves, mixed nuts, and a small bowl of olive oil, placed on a light grey background. | | | High in healthy fat |
| A variety of carbohydrate-rich foods, including pasta, bread, cereal, cookies, juice, and sugar cubes, arranged on a light grey background. | | | Low in carbohydrates |
| An arrangement of sugary treats, including lollipops, chocolate, cookies, candies, and a bowl of sugar with a spoon in the centre, symbolising high-sugar foods. | | | Low in sugars |
| An assortment of whole grains, seeds, nuts, and breads arranged with small bowls of grains, representing healthy fibre-rich foods, on a light grey background. | | | Low in fibre |
| A tilted glass shaker filled with white table salt, with a small pile of salt spilled on the grey surface, representing salt usage or measurement. | | | High in salt |
| A bowl of chilli and lime tuna garnished with a lime wedge, red chillies, and green onions. A hand showing a thumbs-up is placed next to the bowl, symbolising approval. | Chilli and Lime Tuna is easy to make and good for you! | |
| A cracker topped with shredded tuna, sliced chillies, and a lime wedge, placed on a plain grey background, representing a serving suggestion. | Try making this recipe at home.  Enjoy it with your favourite meals. | |
| A hand holding a smartphone displaying the Dietitians Australia website homepage, with the text 'The leading voice in nutrition and dietetics' visible on the screen. | For more recipes and tips, visit the Dietitians Australia website. | |

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