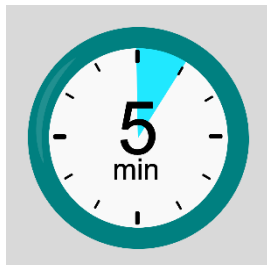




Chilli and Lime Tuna Recipe



This recipe takes 5 minutes to make.



It will serve 4 people.



2 tablespoons is 1 serving.



Ingredients List



400g tin of tuna in Springwater



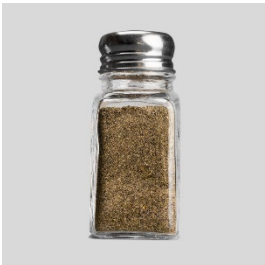
1 small fresh red chilli



Half a fresh lime



1 tablespoon of Extra Virgin Olive Oil



1 teaspoon of black pepper



1 teaspoon of salt



Equipment List



Medium mixing bowl



Chopping board



Large knife



Juicer



Tablespoon



Large spoon for mixing



A support person to help open the can safely



Method



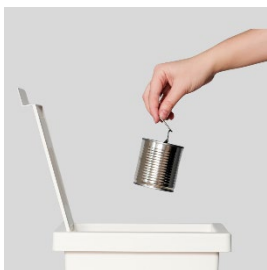
Ask for help to open the tuna can.



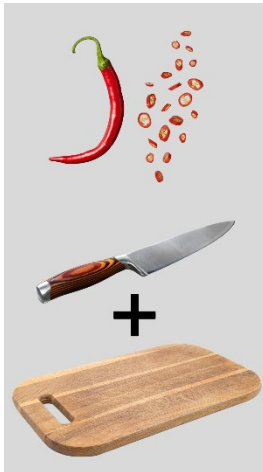
The lid is sharp.



Put the tuna in the bowl.



Put the empty can in the bin safely.



Cut the chilli into small pieces.

Use the knife on a chopping board.



Add the chilli to the bowl.



Squeeze the lime.

Use the juicer.

Add the lime juice to the bowl.



Add olive oil, salt, and pepper.



Mix everything together with a spoon.

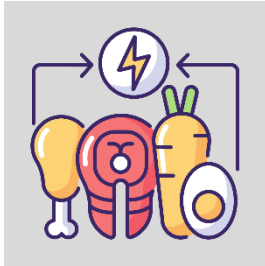


You can eat the chilli and lime tuna:

- On top of a salad
- With rice or quinoa
- In a sandwich or wrap
- As part of a nourish bowl.



Nutrition in Each Serving



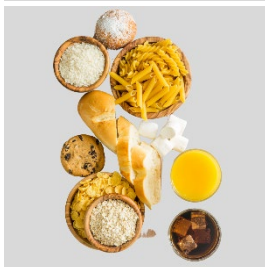
Quite high in energy



High in protein



High in healthy fat



Low in carbohydrates



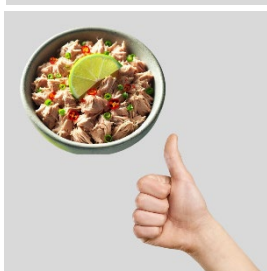
Low in sugars



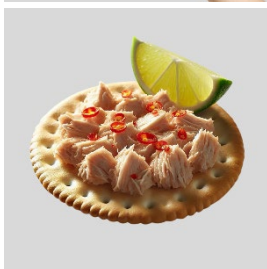
Low in fibre



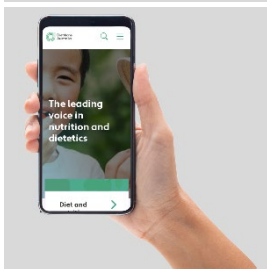
High in salt



Chilli and Lime Tuna is easy to make and good for you!



Try making this recipe at home.
Enjoy it with your favourite meals.



For more recipes and tips, visit the Dietitians Australia website.

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