



DIRECTIONS

1. Drain tuna and gently break apart with a fork.
2. Finely chop the red onion and cilantro.
3. Cut avocado in half. Scrape out most of the avocado, leaving a tiny bit next to the skin. Mash the avocado.
4. Then mix olive oil, mayo, lime juice, salt, and pepper into the mashed avocado.
5. Mix the drained tuna into the avocado mixture.
6. Then gently stir cilantro and red onion.
7. Stuff the mixture into the avocado halves and devour!

Tuna Stuffed Avocado



4 servings



30 minutes

INGREDIENTS

Canned tuna

Ripe avocado

Red onion

Cilantro

Oil

Mayo

Fresh squeezed lime juice

Salt

Pepper

TUNA IN SUNFLOWER OIL



AVOCADO



SUNFLOWER OIL

RED ONION



SALT



PEPPER



MAYO



CILANTRO



LIME JUICE

