

Raw tuna and avocado cocktail

Ingredients: (Serves 4 as a canape)

300g Sashimi grade tuna, cut into 1cm dice
Juice of 1 lemon
1 Avocado, diced
1 Green chilli, finely chopped
1 Garlic clove, finely grated
¼ Bunch Dill, roughly chopped
2 Tablespoons capers, roughly chopped
1 Baby cos lettuce, leaves separated

Method:

1. Combine tuna and lemon in a small non-reactive bowl. Set aside for 2-3 minutes or until tuna changes colour.
2. Combine tuna with avocado, chilli, garlic, dill and capers.
3. Spoon tuna mixture into cos lettuce leaves prior to serving.

Nutrition Information (per serve):

Energy:	795kJ (189cal)	Sodium:	215mg		
Protein:	21.2g	Sat Fat:	2.2g		
Fat:	10.1g	Sugar:	0.9g	Fibre:	3.3g
Carbohydrate:	1.0g				