

**OVERALL time: 15 mins**

## TUNA SALAD HACKS - 3 WAYS

Nothing like easy and quick lunchtime hacks to get you through that busy day. Tuna lovers, this will be right up your alley.

Metric

**Number of servings : 4**

### ingredients

#### For the tuna base

- 120 g Tin shredded / chunk tuna, drained
- 15 ml Red onion, very finely diced
- 15 ml Celery, finely diced
- 5 ml Dijon mustard
- 5 ml Lemon juice
- 115 ml Greek style yoghurt
- 15 ml Chopped chives
- To taste **Cape Herb and Spice Garlic & Herb Shaker**

#### For the avo boats

- 1 Tuna base
- 2 Ripe avocados
- 15 ml Sesame seeds

#### For the Tuna Patties

- 1 Tuna base
- 1 Medium free-range egg
- 120 g Cooked and mashed potato

#### For serving

- Lemon wedges

#### For frying

- Olive oil

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 10 mins | COOKING TIME: 5 mins**

TUNA BASE METHOD:

Combine all ingredients together in a bowl and mix. Season generously with the **Cape Herb & Spice Garlic & Herb Shaker Seasoning**. Combine all ingredients together in a bowl and mix. Season generously with the **Cape Herb & Spice Garlic & Herb Shaker Seasoning**.

AVO BOATS METHOD (makes 4 avo boats):

Slice avos in half and squeeze over a little lemon juice to prevent browning. Season avos well with **Cape Herb & Spice Garlic & Herb Shaker Seasoning**. Then fill the avos generously with the tuna base. Sprinkle with sesame seeds and serve.

LETTUCE CUPS METHOD (makes 4 - 6 lettuce cups):

Separate lettuce head into little "cups". Fill lettuce cups generously with the tuna base. Sprinkle with fresh herbs and serve.

TUNA PATTIES (makes 6 tuna patties):

Combine tuna base with the egg and mashed potato. Season with a little extra **Cape Herb & Spice Garlic & Herb Shaker Seasoning**. Shape mixture into little patties and fry in a hot non-stick pan with a little olive oil until golden brown on both sides. Serve patties with a side salad and wedges of lemon.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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