

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 fee- range egg
- 120 g Cooked and mashed potato

For serving

Lemon wedges

For frying

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 Metric

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 fee- range egg
- 120 g Cooked and mashed potato

For serving

• Lemon wedges

For frying

Olive oil

Number of servings: 4

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