



Tuna Lettuce Wraps

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These wraps are low carb and high protein. They're also packed with omega-3-rich tuna. (yield: 2 servings)

Ingredients:

- 2 drops canola oil, for brushing
 - 2 (5 oz.) fresh tuna fillets, defrosted
 - 1 ripe avocado
 - 1/2 tsp. English mustard powder
 - 1 tsp. apple cider vinegar
 - 1 Tbsp. capers
 - 8 romaine lettuce leaves
 - 16 cherry tomatoes, preferably on the vine, halved
1. Brush the tuna with a little canola oil. Heat a non-stick pan, add the tuna, and cook for 1 minute each side, or a minute or so longer for a thicker fillet. Transfer to a plate to rest.
 2. Halve and stone the avocado, and scoop the flesh into a small bowl. Add the mustard powder and vinegar, then mash well so that the mixture is smooth like mayonnaise. Stir in the capers. Spoon into two small dishes, and put on serving plates with the lettuce leaves, and tomatoes.
 3. Slice the tuna (it should be slightly pink inside) and arrange on the plates. Spoon some of the mustard powder and vinegar mixture on the lettuce leaves, and top with tuna, cherry tomatoes, and a few extra capers. Roll up into little wraps to eat.

