

## Green Tuna Salad

### Ingredients:

Bed of baby spinach/greens/shredded blanched kale leaves

2 tablespoons low fat cottage cheese

Single serve tin of tuna chunks in springwater or brine, drained

Half an avocado, mashed/diced

1 Tablespoon [Hemp Seeds](#)

1 Tablespoon [Sesame Seeds](#)

1 Tablespoon of LSA

Cracked pepper, finely diced chilli or jalapeno (optional), tiny squeeze of mayo (if you're being naughty) and lemon juice to taste

### Method:

On a bed of green leaves (your choice) spread around the cottage cheese, tuna chunks, and avocado.

Top with the [Hemp](#) and [Sesame](#) seeds and LSA.

Season with pepper, chilli, mayo, lemon to taste.

This is an ideal energy boosting, protein packed, green delight lunch plate. It takes barely 3 minutes to put together, if that! Too easy and too tasty!!

Serve with a freshly squeezed green juice or jug of filtered water, and enjoy.

