



HEART-HEALTHY RECIPE

Tuna to go



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An **easy**, satisfying **lunch** that's perfect for **eating on the go**.
Tuna, bulgur, crunchy **vegetables** and **creamy pea & avocado dip**
come together in one **colourful lunchbox**.



Method

Cook the bulgur according to the packet instructions and leave to cool.

Drain the tuna and mix with the aioli and lemon juice. Season to taste with salt and pepper.

Finely shred the cabbage, sprinkle with the sugar and salt, then massage until slightly softened.

Dice the pepper.

Layer the bulgur, cabbage, edamame beans, pepper and tuna in a lunch container.

Top with the pea & avocado dip and finish with the fresh herbs.



Ingredients

Serves 4

- 100 ml wholegrain bulgur or couscous
- 1 can tuna in spring water
- 1 tbsp aioli
- Juice of ½ lemon
- Salt and freshly ground black pepper
- ½ pointed cabbage
- ½ tsp sugar
- ½ tsp flaky sea salt
- 1 red pepper
- 100 g edamame beans
- ¼ portion pea & avocado dip
- A small bunch of coriander, basil or parsley