



ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 20 mins

Cook time: 5 mins

Serves: 6

INGREDIENTS

- 2 tbsp coconut oil
- 2 tbsp slivered almonds
- 2 tbsp sunflower seeds
- 1 avocado, chopped
- juice of 1 small lemon
- 1 tbsp olive oil
- 3 tbsp coriander, mint, or parsley, finely chopped
- 1 stalk celery, finely diced
- 425g can tuna, drained
- 3 spring onions, finely sliced
- 1 tbsp mayonaise
- salt and pepper to taste
- pinch chilli powder
- 5 Lebanese cucumbers
- garnish: spring onions, chives or extra almonds

METHOD

- Heat coconut oil in frying pan, add slivered almonds and sunflower seeds, and cook 3-4 minutes while stirring.
- In a bowl, mash the avocado until slightly chunky, add lemon juice, olive oil, coriander (mint or parsley), celery, tuna, mayonaise, almonds, sunflower seeds and spring onions and mix well.
- Season with salt and pepper.
- Slice the cucumbers in halves lengthwise, and then cut into 5cm pieces.
- Scoop seeds out and mix into mixture, stir until well combined.
- Fill boats with prepared mixture.
- Garnish with spring onions, chopped chives or extra slivered almonds and sunflower seeds.

TUNA AND ALMOND CUCUMBER BOATS

