

Super healthy tuna salad sandwich

Total time **10 mins** 10 mins preparation time

Nutritional facts (per portion):
1,789 kJ / 425 kcal

Fat: **11 g** Protein: **28.1 g**
Carbohydrates: **49 g**

INGREDIENTS

2 portion(s)

100 g	drained tuna (in water)
140 g	Greek yoghurt
40 g	yellow pepper, diced
1 tsp	red onion, finely diced
20 g	celery, finely diced
0.5 tsp	lemon juice
6 tsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 tsp	fresh dill, chopped
0.5 tsp	hot mustard
0.25 tsp	freshly ground pepper
2	pieces spelt baguette (100 g each)
10 g	mixed leaf salad
1 pinch	of wasabi
0.5	avocado, sliced
1	radish, sliced

PREPARATION

Step 1

100 g drained tuna (in water) - **80 g** Greek yoghurt - **40 g** yellow pepper, diced - **1 tsp** red onion, finely diced - **20 g** celery, finely diced - **0.5 tsp** lemon juice - **3 tsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** fresh dill, chopped - **0.5 tsp** hot mustard - **0.25 tsp** freshly ground pepper
Mix all ingredients thoroughly.

Step 2

2 pieces spelt baguette (100 g each) - **10 g** mixed leaf salad
Slice the baguettes open lengthwise and fill with the leaf salad and tuna salad.

Step 3

60 g Greek yoghurt - **3 tsp** Kikkoman Naturally Brewed Soy Sauce - **1 pinch** of wasabi - **0.5** avocado, sliced - **1** radish, sliced
Mix the remaining 60 g of Greek yoghurt with the Kikkoman Soy Sauce and wasabi. Add the avocado and radish slices to the sandwiches, drizzle with the soy-wasabi dressing and serve.