

Ana's Menu

Canned Tuna & Fresh Salad Wraps

Ingredients

(Serves 2)

- Canned tuna, drained
- Wraps
- Cherry tomatoes halved
- Red onion (half), finely diced
- Baby spinach and or avocado
- Lemon (half)
- Olive oil or mayonnaise
- Salt and pepper

Method

- Place the drained tuna into a bowl and gently break it up with a fork.
- Add the finely diced red onion and halved cherry tomatoes.
- Squeeze over the lemon juice and drizzle with olive oil or mayonnaise.
- Season with salt and pepper, then mix gently until well combined.
- Warm the flatbreads lightly if desired.
- Spoon the tuna mixture onto the flatbreads.
- Add the baby spinach leaves.
- Fold or roll and serve immediately.



Ana's Thoughts

"This is one of those lunches I really love when we're travelling because it's fresh, light, and doesn't need any cooking at all. Using the same ingredients across a few meals just makes sense when space is limited, and everything here works together really well. The lemon keeps it bright, the tuna makes it filling, and the spinach adds freshness. It's simple food, but it's exactly what you want in the middle of the day when you'd rather be exploring than cooking."

