



## INDIAN TUNA PITTA POCKETS

An exotic burst of fresh flavours perfect for lunch!



TIME: 15 MINUTES

FISH: TUNA

SERVES:



## PREPARATION METHOD

Place the rocket, sliced apple and red onion in a mixing bowl.

Scatter over the infused cumin and coriander tuna and gently toss to mix the tuna and its dressing with the salad.

Put to one side.

In a small bowl mix the yoghurt and mint sauce and put to one side.

Take the warm pittas and spread inside a little mango chutney. Fill carefully with the tuna salad.

Top with the minty yoghurt sauce and enjoy!

If you are having friends around fill mini pitta pockets in the same way and serve as canapes!

## INGREDIENTS

- ✓ 2 80g cans of cumin and coriander infused tuna
- ✓ 2 large wholemeal pittas grilled, cut lengthways in half and opened
- ✓ A large handful of rocket
- ✓ Half a royal gala apple, thinly sliced
- ✓ Half a small red onion, finely diced
- ✓ 2 teaspoons of shop bought mango chutney
- ✓ 2 tablespoons of natural yoghurt
- ✓ 1 teaspoon of shop bought mint sauce