



Tuna Mayo & Avocado Filled Lettuce Tacos

with Pine Nuts, Sun-Dried Tomato and Baby Tomatoes

Lunch 10-15 Minutes • 2 of your 5 a day

12A

Find all your unchilled Market items in bag A.



Baby Gem Lettuce



Avocado



Baby Plum Tomatoes



Basil Flavoured Tuna



Sun-Dried Tomato Paste



Pine Nuts

Pantry Items

Salt, Pepper, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Bowl.

Ingredients

Ingredients	Quantity
Baby Gem Lettuce**	2
Avocado	1
Baby Plum Tomatoes	125g
Basil Flavoured Tuna 4)	2 tins
Sun-Dried Tomato Paste	25g
Pine Nuts	15g

Pantry	Quantity
Mayonnaise*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	344g	100g
Energy (kJ/kcal)	2173 /519	633 /151
Fat (g)	43.2	12.6
Sat. Fat (g)	6.1	1.8
Carbohydrate (g)	8.2	2.4
Sugars (g)	5.0	1.4
Protein (g)	24.0	7.0
Salt (g)	1.30	0.38

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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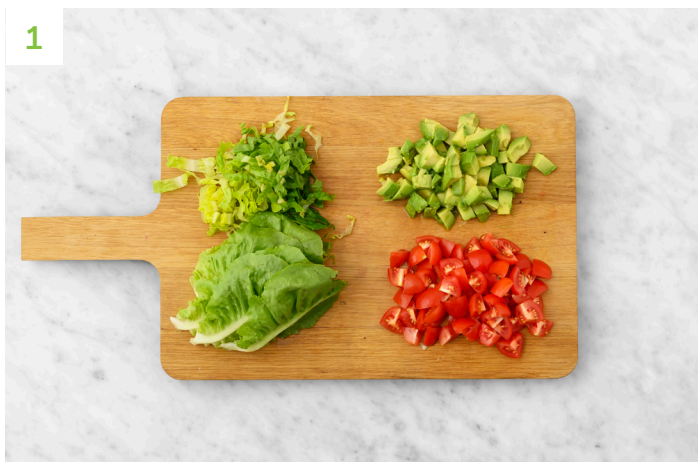
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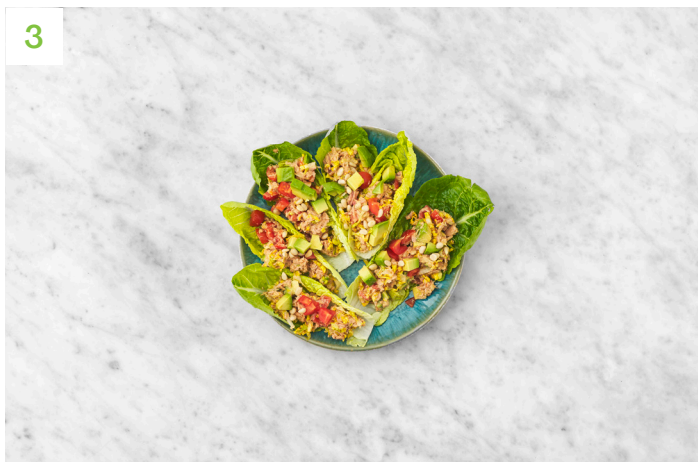
1



2



3



Get Prepped

- Trim the **baby gem lettuce**, then peel off as many big leaves as you can. Arrange them on a chopping board so that they're ready to fill with the **tuna mixture**.
- Stop once the leaves are too small to peel off, then thinly slice the **baby gem core**.
- Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks.
- Quarter the **baby plum tomatoes**, then chop each quarter in half once more.

Make the Tuna Filling

- In a large bowl, add the **basil flavoured tuna**, **sun-dried tomato paste**, **half the pine nuts** and the **mayonnaise** (see pantry for amount). Season with **salt** and **pepper**, then mix until combined.
- Gently stir the **shredded lettuce**, **three quarters** of the **tomatoes** and **three quarters** of the **avocado** through the **tuna mayo mixture**.

Lunch is Served

- Evenly fill the **lettuce cups** with the **tuna mixture**. Share the **lettuce cups** between 2 serving plates.
- Arrange the remaining **avocado** and **baby plum tomatoes** on top.
- Scatter over the remaining **pine nuts** to finish.

Enjoy!