

# MEXICAN TUNA WRAP



**GYMGAIR**

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**Serves 4**

**NUTRITIONAL INFORMATION:**

Higher protein, gluten free\*

Kcal: **320**

Protein: **24.5g**

Carbohydrate: **46.5g**

Fat: **4g**



**INGREDIENTS**

- 200g** Tin Tuna, drained
- 2 tbsp** Sweetcorn
- 1 tsp** Chilli Powder
- 1 tsp** Cumin
- 1 tsp** Dried Oregano
- 1 tbsp** Tomato Puree
- 3** Spring Onions, finely sliced
- ½** Red Pepper, finely chopped
- 1 tsp** Capers
- 2** Large Tomatoes, chopped
- 1 tbsp** Fresh Coriander, chopped
- 1** Lime, juice only
- 2 tbsp** 0% Greek Yogurt
- 2** Tortillas \*
- 2** Handfuls Lettuce Leaves

\*use gluten free if required

**COOKING TIME: 10 minutes**

**METHOD:**

- Put the tuna into a bowl, add all the ingredients except the yogurt & mix well.
- Stir in the yogurt & mix again.
- Serve with tortilla & salad. Suitable for a packed lunch.