

## Avocado-Tuna filled Cucumber Boats

Serves: 1

Prep time: 15 Minutes

Cooking time: Nil



*So tasty and so easy*

### Ingredients:

- 1 small tin (95g) tuna, any flavour
- ¼ avocado
- 2 tablespoons chopped sun-dried tomatoes
- 1 teaspoon olive oil
- 1 tablespoon chopped watercress
- 1 tablespoon chopped parsley
- 1 tablespoon lemon juice
- extra lemon juice
- pinch of Salt & Pepper
- Lebanese cucumber
- celery sticks \***optional**
- **Garnish with** chopped chives

### Method:

- Mash the avocado in a small bowl
- Add tuna, sun dried tomatoes, oil, watercress, parsley, lemon juice, salt and pepper and mix together
- Cut the cucumber in half lengthways, remove the seeds
- Fill the cucumber and/or \* **the celery sticks** with the tuna filling
- Drizzle with a little lemon juice
- **Garnish** with chopped chives