

**TZATZIKI & TUNA CORN THINS**

🕒 10 minutes

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🍴 2 portions

INGREDIENTS

- 6 units of rice cakes, brown rice, corn [54 g]
- 120 grams of tzatziki
- 1 cup of baby spinach, raw [30 g]
- 2 can of tuna in Springwater, drained, flaked [190 g]
- 1 lebanese cucumber, cut into ribbons [301 g]
- 120 grams of chargrilled capsicum, drained & thinly sliced

COOKING METHOD

- 1° Place corn thins on a clean work surface. Spread tzatziki evenly over each thin.
- 2° Top with spinach, tuna, capsicum and cucumber. Season with freshly ground black pepper and serve immediately.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [379 g]	% DRI
ENERGY	62 kcal	236 kcal	12 %
FAT	1 g	2 g	3 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	1 mg	3 mg	1 %
SODIUM	60 mg	227 mg	9 %
CARBOHYDRATE	8 g	31 g	10 %
SUGARS	2 g	7 g	—
FIBER	1 g	3 g	12 %
PROTEIN	7 g	25 g	—