

TUNA AVOCADO SALAD

Ingredients:

- 1 can tuna, packed in water
- 1 x avocado, pitted and peeled
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 x green onion, sliced
- 1/2 cup chopped parsley
- Salt and pepper

Directions

- Place tuna and water into a bowl.
- Chop avocado and add along with the rest of the ingredients. Toss well and serve with crisp bread .
- Mold in a ramekin or measuring cup.

