

## **CALORIE CONTROL RECIPES**

### **MAINS**

#### **Tuna and Avocado Mix – serves 4 as a side dish or 2 as a light main**

425 g can tuna in spring water, drained and flaked

1 avocado, peeled and diced

¼ cup lemon juice

½ red capsicum, chopped

2 tbsp chopped fresh coriander

1 cloves garlic, crushed

2 tbsp soy sauce

place all ingredients into a bowl. Mix well to combine. Place in refrigerator to chill. Divide into 4 bowls for a side dish or into 2 bowls for a main. Serve with fresh crusty bread and natural yoghurt or sour cream.