

Tuna Mayo Wraps



Serves 2 **Prep 15 mins**

Cooking 2 mins

Easy

Ingredients

2 drops of oil, for brushing
2 x 140g fresh tuna steaks
1 ripe avocado
1/2 tsp English mustard powder
1 tsp cider vinegar
8 romaine lettuce leaves
16 cherry tomatoes, on the vine, halved

1. Brush the tuna with a little oil. Heat a non-stick pan, add the tuna and cook for 1 min each side, or a min or so longer for a thicker fillet. Transfer to a plate to rest.
2. Halve and stone the avocado and scoop the flesh into a small bowl. Add the mustard powder and vinegar, then mash well so that the mixture is smooth like mayonnaise. Spoon into two small dishes and put on serving plates with the lettuce leaves, and tomatoes.
3. Slice the tuna (it should be slightly pink inside) and arrange on the plates. Spoon some 'mayo' on the lettuce leaves and top with tuna and cherry tomatoes. To eat, roll up into little wraps.