

# Tuna Sweet Potato Jackets



**Serves 4**

**Prep 10 mins**

**Cooking 20 mins**

**Easy**

## **Ingredients**

4 small sweet potatoes (about 200g each)  
185g can tuna in spring water, drained  
½ red onion, finely sliced  
juice 1 lime  
6 tbsp Greek yogurt  
handful parsley leaves

1. Scrub the sweet potatoes and prick all over with a fork. Place on a microwaveable plate and cook on High for 18-20 mins, or until tender. Split in half and place each one, cut-side up, on a serving plate.
2. Flake the drained tuna with a fork and divide between the sweet potatoes. Top with the red onion, then squeeze over the lime juice. Top with a dollop of yogurt and scatter over the parsley, to serve.