

Sweet Potato Jacket & Tuna Salad



Ingredients

Serves 2

- 1 Tin of Tuna
- 2 Tbsp. Greek Yoghurt
- 2 Medium Sweet Potato
- 8 Cherry Toms
- Red Onion (a few slices)
- 1/4 Red Bell Pepper
- 1 Small Avocado
- Mixed Salad Leaves
- Balsamic Dressing
- Lemon Juice
- Salt & Pepper

Method

Preheat the oven to 180c (fan)

Pierce your sweet jacket potatoes with a fork and add to the heated oven and leave to cook for one hour.

When the hour is nearly up, take out all the salad ingredients, cut to your liking, divide into 2 portions and pile onto the plates.

Mix your tuna with the greek yoghurt (optional), add seasoning and lemon juice and mix well.

Cut open the potatoes and divide the tuna mix between them.

Dress the salads with balsamic vinegar.

In a hurry:

Pierce your jacket potato with a fork and microwave for around 8 minutes or until cooked through.