Spicy Tuna Mix

Chopped tuna mixed with Japanese mayo, sesame oil, spring onion and 7-spice. Fridge prep item.

Contains Fish - Egg - Sesame

INGREDIENTS

- 350g Tuna
- 20g Japanese mayo
- 5g Sesame oil
- 5g Spring onion
- 2g 7-spice

METHOD

1. Chop the tuna finely, without turning it into a paste.
2. Add the remaining ingredients and mix well.
3. Spoon into a sealable container.
4. Label, date and store in the fridge.

EQUIPMENT


Bowl


Large spoon


Sealable container