



Broccoli Avocado Tuna Bowl

SERVINGS:

1

TOTAL TIME:

15 minutes

INGREDIENTS:

- 1 teaspoon extra-virgin olive oil
- 1/4 cup red onion, chopped
- 1-5 oz can tuna, drained
- 1-2 cups broccoli florets (frozen or fresh)
- 1/4-1/2 of a avocado
- 2 teaspoons soy sauce
- 1 teaspoon roasted sunflower seeds
- 1 cup regular rice or cauliflower rice
- Sriracha

DIRECTIONS:

1. Heat oil in small skillet over medium heat. Add onion and cook until fragrant, 3-4 minutes.
2. Add broccoli florets and cook until their color has brightened and they're warm throughout. Add tuna, avocado and soy sauce to the skillet. Toss to combine and mash the avocado into the mixture a bit.
3. Cook over medium-low heat until everything is warm.
4. Serve immediately, either on it's own or over rice. Top with sunflower seeds and sriracha.

NOTES:

I recommend serving the tuna bowl warm, but you could also try it cold from the fridge if you want to cook it ahead of time and pack it for lunch. I'll also note that I like the extra flavor that the sriracha adds, but if you're not a big fan of spice than simply skip it.



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