

Cucumber Tuna Boats



Serves 8



20 minutes



Summer



Cucumber



INGREDIENTS:

- 4 Lebanese cucumbers or 2 continental cucumbers
- 2 cans tuna in springwater (95 g each), drained
- ½ cup red onion, finely diced
- ½ cup Greek yoghurt
- 1 teaspoon Garlic powder or minced garlic
- 1 tablespoon lemon juice
- Salt and pepper, to taste
- Fresh dill, for garnish (optional)

METHOD:

1. If using Lebanese cucumbers, cut them in half lengthwise. If using continental cucumbers, cut each cucumber in half, then cut each piece lengthwise into halves.
2. Use a spoon to scoop out the seeds to make space for the filling. Keep the seeds to use in the tuna mix.
3. In a bowl, add the drained tuna, red onion, yoghurt, garlic powder/ minced garlic, lemon juice, cucumber seeds, salt and pepper. Mix well until smooth and creamy. Taste and adjust seasoning if needed.
4. Spoon the tuna mixture into the cucumber halves.
5. Sprinkle with fresh dill if using. Serve it immediately.

TIPS:

- Use plant-based yoghurt to make this dairy-free.
- Add chilli powder, jalapenos, or sriracha if you like it spicy.
- You can make the tuna mix ahead and keep it in the fridge for up to 1-2 days. Fill the cucumbers just before eating.

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.