

## Breakfast

### Tuna Treasure

#### Ingredients:

Tuna, canned, water-packed

(first week: 150g = 33g protein), 90g = 20g.

- 1 whole egg
- 1 cup mixed : shredded lettuce, celery rings, shallots, parsley, thinly sliced  
fresh mushrooms
- 1 tsp. sesame seeds
- sprinkling of French herbs
- squeeze of lemon juice
- dash pepper
- Olive oil cooking spray

#### Method:

- Dry fry sesame seeds until lightly browned, put aside to cool
- Spray non-stick frypan with Olive oil cooking spray
- Break up tuna in a small mixing bowl
- Mix with egg and a dash of black pepper
- Cook tuna mix over moderate heat for 8-10 minutes
- Stir frequently, breaking up larger clumps until light golden brown and flaky. Set aside to cool
- Prepare salad in small bowl. Lightly spray with Olive oil, add squeeze of lemon juice and a sprinkling of French herbs
- Gently toss cooled flaky tuna into salad and sprinkle with toasted sesame seeds