

# Tuna with Grilled Vegetables

**Calories:** 825.6 kcal

**Servings:** 2

**Time:** 0 Mins

## Ingredients

- 150.00 g Asparagus
- 0.50 clove Garlic (crushed)
- 1.50 tbsp Lemon Juice
- 1.00 tsp Lemon Zest
- 10.00 g Mint (fresh)
- 20.00 g Pistachio Nuts (chopped)
- 2.00 g Salt and Pepper (to season)
- 120.00 g Tuna in Oil (Canned)
- 190.00 g Zucchini

## Instructions

1. Using a washed lemon, grate the skin for the zest and juice the lemon. Drain the tuna into a glass bowl, collecting the oil.
2. Place lemon zest, lemon juice, tuna oil, mint leaves, crushed garlic, and salt and pepper into a blender cup/jug and blend until smooth.
3. Preheat the grill pan to medium heat. Cut the zucchini into slices, then sprinkle the zucchini and asparagus with salt and pepper. Grill the zucchini and asparagus for 3 minutes on each side.
4. To serve, divide the vegetables and tuna into two bowls. Drizzle half dressing over each and top with chopped pistachio nuts.
5. Tip: Keep dressing aside, and tuna and vegetables separate if having 2nd serve the next day. Combine and dress just before eating.

## Equipment

- Blender
- Grilled Frying Pan