



Spin Your Own Axis

Buffalo Tuna & Brussel Sprout in Rosemary Toast



- **Prep Time:** 15 minutes
- **Cook Time:** 15
- **Total Time:** 30 minutes
- **Serving:** 1

Ingredients

- 30g NF Greek yogurt
- 71g Albacore Tuna

- 1 slice of Rosemary loaf (wegmans)
- 15g Buffalo sauce
- 50g Brussel sprouts
- Tint of all seasoning
- ½ lemon
- Tint of salt
- 7g Olive oil

Instructions

1. You'll need a bowl.
2. Place tuna in bowl, add Greek yogurt, buffalo sauce, lemon and tint of salt.
3. Chop Brussel sprouts into small pieces and cook with 7g of olive oil and all seasoning. Cook until soft and slightly burnt (this varies with personal preference)
4. Toast slice of rosemary loaf or serve soft. (this varies with personal preference)
5. Once Brussel sprouts are cooked, place in same bowl with tuna and mix well. Then, serve on toast.
6. That's it guys! I hope you enjoy this 30-minute recipe. If you try it, please support by sharing on IG and help us inspire others. Use hashtag #spinyourownaxis #kitchenitwithscar

Nutrition Facts

- **Serving Size:** 1
- **Carbohydrates:** 34g
- **Fat:** 10g
- **Protein:** 30g
- **Fiber:** 2g
- **Calories:** 348
- **Sodium:** 560g
- **Sugar:** 0g
- **Iron:** 5%