

Spicy Tuna Quinoa Bowl

This Spicy Tuna Quinoa Bowl is a nutritious and flavorful dish that combines protein-packed tuna with quinoa and vibrant vegetables. Perfect for a quick lunch or dinner, it's both filling and healthy!



Main Dish

15 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 can of tuna, drained
- 1/2 cup cooked quinoa
- 1/4 avocado, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cucumber, diced
- 1 tablespoon soy sauce
- 1 teaspoon sriracha (adjust to taste)
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Steps

- 1 In a bowl, combine the drained tuna, cooked quinoa, soy sauce, and sriracha. Mix well until combined.
- 2 Add in the cherry tomatoes, cucumber, and avocado. Gently fold the ingredients together.
- 3 Drizzle olive oil over the mixture and season with salt and pepper to taste.
- 4 Serve the tuna quinoa bowl in a dish, garnishing with fresh cilantro if desired.