

Tuna with Broccoli and Lemon

A delicious and easy main dish that will please your palate



Main Dish

15 min

Total time

Easy

Difficulty

252

kcal / serving

Ingredients

- 1 can of tuna in oil, 1/2 cup of broccoli florets, juice from 1/2 lemon, 1 tsp of olive oil, 1 tbsp of parsley, salt, pepper

Steps

- 1 Heat the olive oil in a skillet over medium heat.
- 2 Add the broccoli florets and season with salt. Stir for 4-5 minutes.
- 3 Add the tuna, lemon juice, pepper and parsley. Stir for 2-3 minutes. Serve hot.