

PREPARATION: 20 MINUTES

COOKING: 20 MINUTES

2 SERVINGS

# TANDOORI TUNA ENGLISH MUFFIN

## INGREDIENTS

### 2 English muffins

170g tuna from a can, drained  
(light, in water, unsalted  
or regular, rinsed in water)

¼ cup mayonnaise

¼ cup English cucumber,  
finely chopped

1 tablespoon lemon juice

### HOMEMADE TANDOORI SPICE\*

1 teaspoon paprika

½ teaspoon cumin

½ teaspoon coriander

¼ teaspoon ground ginger

⅛ teaspoon cayenne pepper

⅛ teaspoon cinnamon

1 teaspoon vegetable oil

¼ cup onion, thinly sliced

1 teaspoon garlic, minced

1 cup green cabbage,\*\*  
shredded

1 tablespoon fresh dill  
for garnish

\* or 2½ teaspoons of store-bought tandoori spice

\*\* you can use any type of cabbage

## PREPARATION

- 1** Cut English muffins in half and toast the four halves in toaster oven until golden brown and place on a serving plate.
- 2** In a bowl, mix together mayonnaise, chopped cucumber, lemon juice and tandoori spice. Add the drained tuna and combine with the mayonnaise.
- 3** In a medium saucepan over medium heat, sauté onions in vegetable oil until translucent (3-5 minutes).
- 4** Add the minced garlic and cabbage to the onions and stir on medium heat until cooked (5-8 minutes).
- 5** Spread the cabbage mixture on the four toasted muffin halves and top with the mayonnaise mixture. For garnish, sprinkle dill on top.

## Nutrient Analysis

### PER SERVING:

½ of recipe

### RENAL EXCHANGE:

3 Protein + 2 Starch + ½ Vegetable

Calories	475Kcal
Protein	28g
Carbohydrates	34g
Fibre	3.3g
Total Fat	25g
Saturated Fat	4g
Cholesterol	37mg
Sodium	476mg
Potassium	436mg
Phosphorus	226mg

