



Tuna Egg Salad

Serves 4

4 eggs, hard-boiled
2x 5 oz. (145g) cans tuna, in brine
2 tbsp. red onion, finely diced
2 tbsp. chives, finely chopped
1/3 cup (115g) Greek yogurt
2 tbsp. mayonnaise
2 tsp. dijon mustard
1/2 tsp. sriracha
1/8 tsp. smoked paprika
salt & pepper

What you need to do

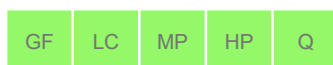
First, hard boil the eggs. Once the eggs are cooked, transfer them into cold water and allow to cool for 10 minutes (in the meantime, prepare the salad and dressing). Once cooled, peel and chop into small, bite-sized pieces and place them in a bowl.

Drain the canned tuna and add to the eggs along with the red onion and chives.

In a small bowl, mix the Greek yogurt, mayonnaise, dijon mustard, and sriracha. Add the sauce to the eggs and tuna, season with salt and pepper, and mix well.

To serve, season with smoked paprika.

Serving suggestions: toast, or on its own



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	191	8	3	25

*Nutrition per serve

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