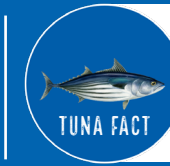


A HEALTHY, SPICY AND TROPICAL RECIPE FOR YOUR LUNCH, TRADITIONAL IN THE MALDIVES. BY DUTCH CHEF AND AUTHOR BART VAN OLPHEN.



TUNA IS ONE OF THE WORLD'S MOST POPULAR SEAFOODS AND ONE OF THE MOST ECONOMICALLY VALUABLE.

INGREDIENTS

- 1 small red onion, diced
- 1 red chilli, seeded and finely chopped
- 2 limes (one juiced, one cut into wedges)
- ½ teaspoon salt
- 90g freshly grated coconut*
- ½ bunch coriander (or 2 fresh curry leaves), finely chopped
- 2 tins of 160g MSC certified tuna in water, drained

- 4 pieces of pita, sliced open
- A few leaves of iceberg lettuce

* If you prefer, you can use desiccated coconut instead. Just add 2 tablespoons of coconut milk along with the flakes.



and remember to look for the blue fish label



METHOD

1. Work the red onion, chilli, lime juice and salt in a bowl. In the Maldives these ingredients are kneaded by hand to allow the flavours to blend.
2. Add the coconut, coriander, and tuna. Mix with a spoon until all ingredients are combined and the tuna has a flaky texture. Set aside.
3. Prepare the pita breads according to the packaged direction or heat them to your liking using a toaster or oven.
4. Fill the pitas with some lettuce and the mas huni and serve with the lime wedges.

PITA WITH TUNA MAS HUNI



RECIPE BY BART VAN OLPHEN

CHEF, AUTHOR AND CO-FOUNDER OF THE SEAFOOD BRAND FISH TALES.



COOKING TIME
10 MINS



SERVING
2