

Fresh Tuna Salad with Creamy Citrus Dressing



15 Ingredients, 4 serves, 20 Minutes Total Time

Fish

680 grams fresh fish (Fresh Tuna)

1/4 teaspoon salt

1 tablespoon coconut oil

Salad

1 cucumber (halved and sliced)

1 bunch lettuce (romaine, shredded)

1 carrot (grated)

1 avocado (1 for salad))

Dressing

1 avocado (1 for dressing)

1/4 cup filtered water (for dressing)

1/4 cup extra virgin olive oil (for dressing)

1 teaspoon apple cider vinegar (for dressing)

1 lemon (juiced, for dressing)

2 orange, navel (1 sectioned and chopped into cubes and one juiced for dressing)

1/4 teaspoon ground ginger (for dressing)

1/4 teaspoon sea salt

Instructions (Tuna)

- Salt the tuna on both sides.
- Heat the coconut oil in a skillet on medium-high heat until lightly smoking.
- Sear the tuna for about a minute and a half per side (for medium-rare), or until desired doneness.
- Remove from heat, slice thinly, and set aside.

Instructions (Dressing)

- Combine all ingredients in a blender and mix for a few seconds until well incorporated. If too thick, add water one tablespoon at a time until desired consistency is reached.

Note: Does not keep longer than the same day in the refrigerator.

Instructions (Salad)

- Place the romaine, grated carrot, and cucumber in a bowl and toss to combine.
- Plate with portions of seared tuna, avocado cubes, and tangerine slices and serve with the dressing poured over top.

Warnings

**APPLE CIDER VINEGAR: The FODMAP safe serving size for apple cider vinegar is 2 tablespoons

**ORANGE, NAVEL: SIBO phase 2 allows 2 serves of fruit per day. One orange = one serve.

**CUCUMBER: (if you are salicylate sensitive, peel your cucumber)

Nutritional Information (per serving)

Calories	587
Total Fat	40g
Saturated Fat	9g
Cholesterol	94mg
Sodium	277mg
Total Carbohydrate	22g
Dietary Fibre	10g
Sugars	8g
Protein	36g
Calcium	82mg
Iron	2mg
Magnesium	112mg
Phosphorus	581mg
Potassium	1,433mg
Vitamin C	54mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	4mg