

STUFFED TOMATOES WITH TUNA

INGREDIENTS

- 4 round tomatoes
- 150 g canned tuna
- 2 eggs
- 1 handful of olives without stones
- 1 tbsp capers
- 3 tbsp mayonnaise or cream cheese

PREPARATION

- Cut out a thin lid from the top of the tomatoes, remove the pulp with a spoon and place the hollowed-out tomatoes upside down on kitchen paper so that they can drain.
- Boil the eggs for 8-10 minutes. After the eggs have cooled, peel and cut into small pieces.
- Chop the olives and capers into small pieces. Keep a few olives for decoration.
- Mix the tuna, the eggs, olives and capers in a bowl, add the mayonnaise or the cream cheese and stir into a creamy mixture.
- Use a spoon to fill the tomatoes with the cream and decorate with the olives.
- Chill until serving.



Vitamin C, omega-3 fatty acids, carotenoids