

## Triple Switch Lunch Ideas

### **Tuna Salad with a Twist**

Serves: 2 at quantity listed

Steps:

1. In a mixing bowl, combine all of the ingredients except the lettuce and avocado. Season with freshly ground black pepper.
2. Divide the lettuce between two chilled plates and place half the tuna mixture onto each.
3. Arrange half of the avocado onto each salad and serve immediately.

- 2 cans white albacore tuna
- 1 cup green olives, chopped
- 2 green onions, chopped
- 1 jalapeno pepper, finely chopped
- 3 tbsp capers, rinsed
- 1 tbsp pickled ginger, chopped
- ½ tsp red chili flakes
- Juice of 1 lemon
- Juice of 1 lime
- 1 tbsp olive oil
- 1 head butter lettuce or mixed greens
- 1 avocado, pitted and sliced
- Freshly ground black pepper, to taste

### **Paleo Cream of Mushroom Soup**

Serves: 4 at quantity listed

Steps:

1. In a food processor, blend avocado, lemon juice, garlic, and 2 cups of water. Set aside.
2. Meanwhile, heat a medium saucepan with tall sides over medium-high heat. Add the oil, sauté mushrooms, bell pepper, onion, and tomatoes until they begin to soften.
3. Add the blended avocado mixture and simmer until warmed through. Season with basil and freshly ground black pepper. Serve immediately.

- 2 ripe avocados
- Juice of 1 lemon
- 2 cloves of garlic, minced

- 2 cups of water
- 1 tbsp olive oil or coconut oil
- 1 mushroom, sliced
- 1 red bell pepper, diced
- ½ small onion, diced
- 2 tomatoes, seeded and diced
- Fresh chopped basil, for garnish
- Freshly ground black pepper, to taste

### **Simple Spanish Omelette**

Serves: 4 at quantity listed

Steps:

1. Preheat the grill
2. Heat the coconut oil in a high lipped frying pan
3. Add the garlic, onion and the peppers, stir through until the peppers and onions soften
4. Add the salmon and prawns and stir fry for one minute
5. Beat the eggs with seasoning in a bowl, then add to the pan. Stir gently to combine the ingredients, then leave to set for approximately 4 minutes.
6. After 4 minutes, place the pan under the grill to cook for a further 2-3 minutes or until the top of the omelette is golden.
7. Slice into triangles and enjoy over lunch with a side salad.

- 1tbsp of coconut oil
- 6 eggs beaten
- 1 red pepper: thinly sliced
- 1 onion: thinly sliced
- 2 garlic cloves: crushed
- 50g cooked prawns
- 50g wild smoked salmon
- Gros Sel Guerande salt and freshly ground black pepper