SPANISH · LUNCH · SNACK

Tomatoes Stuffed with Spanish Tuna Salad

35 min | Makes 4 × 1 stuffed tomato | 437 kcal a portion | Video 6:55 · Spain on a Fork

Pescatarian | Gluten-free ingredients | Dairy-free | Nut-free

Tuna and eggs make this a filling, high-protein starter or light lunch (about 24 g of protein a tomato) with about 5 g of net carbs. Rich in vitamin D, B12 and selenium from the tuna.

Diet notes: Keto (4.6 g net carbs a serve).

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Ingredients

10 · MAKES 4 × 1 STUFFED TOMATO

- [ ] 3 **eggs**, hard-boiled
- [ ] 4 large **tomatoes**, hollowed out (about 120 g each after scooping)
- [ ] **sea salt**, for the tomatoes and the filling
- [ ] 4 × 85 g tins **Spanish tuna** in olive oil, drained (about 250 g)
- [ ] 125 g **mayonnaise**
- [ ] 14 g finely diced **onion**
- [ ] 1 large **garlic** clove, finely grated
- [ ] 14 **pimento-stuffed green olives** (10 chopped, 4 whole for the tops)
- [ ] **freshly ground black pepper**
- [ ] a handful of finely chopped **chives**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Fish, Egg. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the eggs in a saucepan with cold water to cover by about 1 cm, bring to the boil, then cover, turn off the heat and leave for 12 minutes. Cool under cold water and peel. 0:45
2. Slice the tops off the tomatoes, loosen the pulp with a paring knife and scoop it out gently (save it for a sauce). Salt the insides and set them cut side down on paper towels to drain. 1:16
3. Drain the tuna in a sieve, pressing lightly to remove excess oil, and put it in a bowl. 2:20
4. Add the mayonnaise, diced onion, grated garlic, 10 chopped olives and the roughly chopped eggs. Season with salt and pepper and mix gently. 2:58
5. Pack the tuna salad firmly into the tomatoes, top each with a whole olive and sprinkle with chives. Serve now or chill; they keep up to 3 days in the fridge. 4:30

> **Tip** Each tomato is substantial (about 430 kcal), so share one or use smaller tomatoes for a lighter snack. Keep the drained tuna oil for a dressing. Any good canned tuna works.

The method is a summary in our words — the video shows every step.

One portion (1 stuffed tomato) gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
437 kcal	24 g	6.6 g	2 g	35 g	1,090 mg
1,830 kJ	49% of a day	4.6 g net · 4 g sugars	7% of a day	6.1 g saturated	47% of a day
		2% of a day		44% of a day	

Energy from net carbs 4% · protein 22% · fat 74% — fits keto: 4.6 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Omega-3 147% · Selenium 108% · Vitamin B12 78% · Vitamin K 75% · Vitamin D 25% · Vitamin C 20% · Vitamin E 20%

Source of (10–19%) Vitamin A 15% · Vitamin B6 14% · Zinc 12% · Folate 11% · Potassium 10% · Iron 10%

Recipe and video: Spain on a Fork (@SpainonaFork) on YouTube — youtube.com/watch?v=3YQvB98Mhe0, published 28 July 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/spanish-tuna-salad-stuffed-tomatoes