



NUTRITION CONSULTING INC.

## Ahi Tuna, Avocado, and Mango Salsa Sandwich

Recipe courtesy of [www.udisglutenfree.com](http://www.udisglutenfree.com)

*This recipe uses tender ahi tuna, creamy avocado and fresh mangos to create a sweet and salty sandwich fit to impress any guest.*

**Makes 8 small servings or 4 larger servings**

### What you need:

2 Udi's French baguettes  
12 oz (340g) ahi tuna steaks  
15 mL (1 tbsp) sesame oil  
60 mL (1/4 cup) wasabi mayo  
2 avocados, peeled, pitted and sliced  
sesame seeds



### Mango Salsa

1 mango, peeled, pitted, and chopped  
1/4 cup (60 mL) red onion, diced  
2 tbsp (30 mL) cilantro, chopped  
2 tsp (10 mL) lime juice  
salt and pepper

### Wasabi Mayo

1 tsp (5mL) wasabi powder (add more depending how spicy you want it)  
0.5 tsp (2.5mL) water  
0.5 tsp (2.5mL) lemon juice  
1/4 cup (60 mL) gluten free mayonnaise  
Combine wasabi powder, water and lemon juice to form paste. Add to mayonnaise.

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## How you prepare:

1. Prepare mango salsa. Set aside.
2. Preheat oven to 400 °F (200 °C). Cook baguettes for 10-15 minutes from frozen, or 5-8 minutes from ambient.
3. Heat sesame oil on high heat. Add tuna to pan and cook approx 2-3 minutes per side (or longer if you want them more well done). Slice tuna into 1/2 inch slices.
4. Slice toasted baguette into ¼ inch slices. Layer each round with wasabi mayo, tuna, avocado and mango salsa. Sprinkle with sesame seeds.

## Per serving (based on 1/8 of a recipe):

Calories 281

Carbohydrates 22 g

Protein 14 g

Fat 16 g

Dietary Fiber 5 g

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