

TUNA RICE BOWL

Serves: 1 | Ready in: 10 mins | Cost per serve: \$2.30



1 cup cooked
brown rice



2 tbsp low fat
mayonnaise



95g canned
tuna



½ cup frozen
vegetable

1. In a microwave-safe bowl, microwave frozen vegetables until heated through, about 4-5 minutes.

2. Add rice, tuna and mayonnaise into the bowl of vegetables and mix well.