



TASTY TUNA AND AVOCADO MELTS

1. For the sauce, put the butter, garlic and flour in a medium pot on a medium heat and cook together for 1 minute until it becomes a paste, then add the milk a little at a time and keep stirring so it won't go lumpy. Use a whisk for a smooth sauce. Keep adding milk then stirring until its creamy but stop adding milk before it gets too thin and runny. Set aside when done.

2. Chop up the parsley and add to the sauce then chuck in the tuna and mix.

Toast some thick slices of the wholegrain bread then spoon on plenty of the tuna sauce. Sprinkle some grated cheese on top and put in the oven or under the grill for a couple of minutes until golden on top.

3. Serve with a side salad of sliced avocado and torn lettuce with a drizzle of olive oil and a squeeze of lime juice. A feast.

PREP 10 mins - **COOK** 15 mins

INGREDIENTS: for 2 people

- Large can or jar of tuna
- 30g butter
- 300ml milk
- 1 soup spoonful of flour
- 3 pieces of garlic
- 2 ripe avocados
- Lettuce of choice
- 50g cheese
- Salt and pepper
- Parsley
- Wholegrain bread

LOVE HEART FOOD

