



# Beetroot in soy sauce with wasabi, nuts and tuna

Total: 5 min · Prep: 5 min · 1 servings · Easy · Dinner

## INGREDIENTS

175 g Beet greens, cooked, boiled, drained, with salt

30 g Cream cheese

25 g Walnut

130 g Tuna (fresh or frozen fillet)

to taste Wasabi or ginger

to taste Lemon/lime juice

to taste Soy sauce

## INSTRUCTIONS

- 1 Boil beetroot until done, cool and peel.
- 2 Cut beetroot and tuna into equal rectangles.
- 3 Arrange the vibrant beetroot and tuna on a plate, add cream cheese.
- 4 Add wasabi and ginger to taste. Add walnuts.
- 5 Drizzle with soy sauce and sprinkle with allspice.

**Nutrition per serving:** 521 kcal · Protein 45.0 g · Fat 28.0 g · Carbs 24.0 g · Fiber 6.8 g