

# Speedy Low-Carb Tuna Lunch Bowl

Hands-on 15 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 16.7 g, Fiber: 10.3 g, **Net carbs: 6.4 g**,

Protein: 44.2 g, Fat: 71.3 g, Calories: 866 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 1 serving)

1 tuna steak (120 g/ 4.2 oz) - or use *tinned, drained tuna*

1 tsp sesame seeds

pinch of sea salt

1 tsp ghee, butter or virgin coconut oil

1/2 avocado, sliced (100 g/ 3.5 oz)

10 pitted black olives (30 g/ 1.1 oz)

1 tbsp mayonnaise (15 g/ 0.5 oz) - *you can make your own mayo*

1/2 medium cucumber, sliced (70 g/ 2.5 oz)

6 quails eggs or 1 large egg

1/4 small red onion, finely sliced (15 g/ 0.5 oz)

10 walnut halves (20 g/ 0.7 oz)

1 tbsp extra virgin olive oil (15 ml)

large handful of watercress (50 g/ 1.8 oz)

tbsp of mayonnaise. Optionally, garnish with ground black pepper.

8. Tastes the best when served fresh, but can be stored in the fridge for 1 day.

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## Instructions

1. Preheat the oven to 180 °C/ 355 °F (fan assisted) 200 °C/ 400 °F (conventional). Wash and dry the watercress.
2. Place the walnuts on a baking tray and roast in the oven for 6-8 minutes until golden. Remove from the oven and allow to cool.
3. Coat the tuna with sesame seeds, ghee and a pinch of salt. If using tinned tuna, simply sprinkle the sesame seeds over the salad in the end.
4. Heat a griddle pan and fry the tuna to your liking - 1 1/2 minutes per side for pink, up to 3 minutes per side for well done. Remove from the heat and allow to cool slightly before slicing.
5. Boil the quail eggs for 2-3 minutes (or about 10 minutes for large eggs). Plunge into cold water before peeling.
6. Slice the rest of ingredients.
7. Place the watercress in bowl and add olives, halved quail eggs, avocado, walnuts and drizzle with 1 tbsp of olive oil and top with 1