## AVOCADO SALMON LETTUCE WRAPS AKA ADULT TUNA SALAD SANDWICHES

This recipe creates one serving.



INGREDIENTS

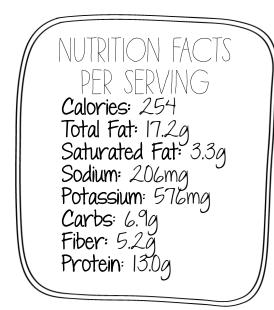
I can of salmon (make sure it says boneless and skinless!)

- 1/2 ripe avocado
- 1 tbsp' dijon mustard
- I tosp green olives

I top sliced jalapeños a dash of your favourite hot sauce I large leaf of iceberg lettuce salt and pepper, to taste



Can opener Bowl Spoon



**METHOD** 

- Open the can of salmon and drain out the water. Scoop out the avocado from its skin.
- 2. In a medium sized bowl, mash the avocado with the salmon until desired consistency is reached. 3. Add in the dijon mustard, mix well. Add in olives,
- jalapeños, salt and pepper, mix. 4. Place salmon mixture into the centre of a large piece of iceberg. Add a dash of hot sauce if desired.
- 5. To create the triangle shape, first fold up from the bottom, then fold down from the sides. Enjoy!

