

*Makes 8 Tacos*

**INGREDIENTS**

- 1 cup (250ml) loosely packed **Eatmore Sprouts Clover Sprouts** (approx. ½ – ¾ package)
- 1 medium red onion, thinly sliced
- ½ cup (125ml) white vinegar
- ½ tsp. (25ml) salt
- 1 tsp. (5ml) sugar\*
- 1 tbsp. (15ml) olive oil
- 1 ripe mango, peeled, pitted and cut into strips
- 1 medium cucumber, seeded and cut into strips
- 1 jalapeño chile, sliced thinly
- 2 tbsp. (30ml) lime juice
- 1 tbsp. (15ml) chopped cilantro
- 1 lb. (454g) albacore tuna\*\*
- 8 six-inch corn tortillas

\*sugar can be substituted with 1 tsp. (5ml) of honey or maple syrup

\*\* can substitute with chicken, shrimp, or other meat of your choice

**Zesty Tuna Taco**

gluten free

nut free

- In a bowl, combine red onions with vinegar, salt and sugar. Allow to sit at room temperature for 1 hour.
- Rub tuna with 1 tbsp. (15ml) of olive oil and roll in sesame seeds, salt and pepper.
- Sear tuna over high heat until lightly charred and pink within, about 2 minutes per side. Transfer to a plate.
- Thinly slice the tuna and fill the tortilla shells with tuna, mango, cucumber, jalapeño and top with **Clover Sprouts**.



Eatmore Sprouts & Greens can be found in the produce section of your local grocery store or at [www.eatmoresprouts.com](http://www.eatmoresprouts.com)

