

Spicy Tuna rice bowl

Ingredients

- 50 g rice
- $\frac{1}{2}$ tin of tuna (small tin)
- $\frac{1}{2}$ pepper
- $\frac{1}{4}$ carrot
- $\frac{1}{4}$ fresh chilli
- $\frac{1}{4}$ of an Onion
- 1 spring onion
- 1 tsp rice vinegar
- $\frac{1}{4}$ lemon,
- 1 tbsp. soy sauce
- 1 tsp Siracha hot sauce
- 1 pinch red pepper flakes
- Salt and pepper

Method

1. Cook the rice and sieve when ready.
2. Peel the carrot and grate.
3. Dice the peppers, onion, spring onion and chilli finely
4. Juice the lemon.
5. Put the tuna, peppers, onion, spring onion, carrot, chilli, siracha, lemon juice, soy sauce, rice wine vinegar into the bowl.
6. Add a pinch of salt and pepper and mix well.
7. Add the rice and mix well with a spoon.
8. Serve with chilli flakes.