

Fisherman's grapefruit



2 people

20 min preparation time

Aucune cooking time

All ingredients

- 1 tin of 207 g** la belle-iloise natural albacore Tuna
- 1** pink grapefruit
- 30 g** wheat grains
- 30 g** sweetcorn
- 1 tablespoon** mayonnaise
- 1 tablespoon** of olive oil
- 1 teaspoon** chopped parsley

Steps

- 1- Cook the wheat
- 2- In a large bowl, use a fork to flake the drained tuna
- 3- Cut the grapefruit in half horizontally and carefully remove the flesh without piercing the skin
- 4- Cut the flesh into small cubes, add the mayonnaise, olive oil, corn and the parsley
- 5- Fill the hollowed out grapefruit halves with the mixture and place in the refrigerator
- 6- Chill thoroughly and decorate with a sprig of parsley before serving