

# Cucumber Tuna Rolls

Serves 4



## Ingredients

3 large English cucumber, thinly sliced lengthwise (I use a vegetable peeler for this)

½ cup cottage cheese  
3 tablespoons avocado mayonnaise  
2 clove garlic, minced  
2 small shallots, minced (or 4 scallions thinly sliced)  
Juice of two lemons  
Kosher salt and freshly ground pepper to taste

Zest of one lemon  
Handful of fresh cilantro or parsley, finely chopped  
20 ounces of canned tuna (whatever kind you'd like)\*\*  
1 cup roasted corn kernels

2 avocados, thinly sliced  
sriracha, to taste

Chili crunch oil

**\*\*You can easily change the tuna out for shredded chicken. In this case, use two cooked chicken breasts and shred the meat.**

## Steps

1. To cut the cucumber, use a vegetable peeler. You will have to flip over the cucumber when you get to the mostly seed area. Keep making long ribbons until you no longer can. I place the ribbons on paper towels and blot so as to remove some of the moisture. Place half of the cucumber slices on a piece of parchment paper, slightly overlapping. Pat again with a dry paper towel. Repeat with the rest of the cucumber slices on another piece of parchment paper.
2. Make the lemon sauce in a small blender or mini food processor by blending the the cottage cheese, mayo, garlic, shallots or scallions, lemon juice, kosher salt and freshly ground pepper to taste.
3. In a another bowl, combine the tuna, fresh herb of choice, lemon zest and .
4. Take one-fourth of the lemon sauce and spread it on top of each slab of cucumber slices. Mix the rest of the sauce into the bowl with the tuna mixture. Add sriracha (if you'd like a little heat).
5. Place half of the tuna mixture along the bottom end of the cucumber base so you have room to roll. Place avocado slices on top of the tuna. Use the parchment paper to help you roll it tightly. Using a sharp knife, carefully cut the rolls. Peel back the paper and plate the rolls topping with sriracha and crunch oil if desired. Eat fresh - the cucumber will start to get soggy quickly.