

## **On-the-go Lemon Pepper Tuna Rolls with Lemon-Soy Dipping Sauce**

**Yield:** 1 serving (3 rolls)

**Timing:** Prep Time = 20 min Total Time = 20 min



Pack up these crunchy, vibrant tuna rolls for a simple on-the-go lunch to support kids' nutrition and active lifestyles. The flavorful, wild caught tuna with a burst of lemon provides 15 grams of high-quality protein. Protein plays a key role in kids' growth and development. Additionally, omega-3 fatty acids found in tuna and avocado aid in kids' brain function and development, beneficial for an active day of learning! With bright colors and crunchy veggies, along with being fun to eat with a soy-lemon dipping sauce, these rolls are sure to be a kid favorite!

### **Ingredients**

- 1, 2.5 oz pouch Bumble Bee® Wild Caught Tuna Seasoned with Lemon & Pepper
- 2 cups cold water
- 1 sheet spring roll rice paper
- 1 leaf butter lettuce, stem removed
- ¼ cup English cucumbers, julienned
- ½ red bell pepper (1/4 cup), julienned
- ¼ cup matchstick carrots
- ½ avocado, peeled, pitted, sliced
- ½ Tbsp. soy sauce
- 1 Tbsp. lemon juice

### **Method of Preparation (Instructions)**

1. Empty tuna pouch into small bowl; fluff tuna with a fork and set aside.
2. Fill a large, round deep dish or pie pan with cold water (enough to submerge rice paper). Place damp towel on cutting board or counter.
3. Submerge one sheet of rice paper into the cold water for ~30 seconds or until rice paper starts to become bendable, but not too soft. If rice paper becomes too soft, it becomes sticky and will be difficult to work with.
4. Carefully lay rice paper on damp towel and place butter lettuce near bottom of rice paper, leaving ~1 in. margin on bottom and sides. If needed, lettuce piece can be torn in half.

5. Spread tuna evenly on top of lettuce, making as flat as possible.
6. Next, spread out julienned vegetables horizontally, beginning with cucumbers, red bell peppers, and carrots. Top with avocado slices.
7. Grab the bottom edge of rice paper and slowly roll upwards, while applying gentle pressure. Once rolled, fold in the edges and cut into thirds. Place rolls in a to-go container of your choosing.
8. For the dipping sauce, combine soy sauce and lemon juice in small bowl. Transfer to a small to-go container.
9. Store in refrigerator until ready to be packed for school, don't forget an ice pack!

**Chef's Tips:**

- Placing a damp towel on the cutting board will help prevent the rice paper from sticking to the surface.
- The julienned vegetables should be no more than 4 inches in length to allow enough space to roll the tuna roll.
- Depending on size of rice paper, some vegetable slices might need to be served on the side if there is not enough room to roll the rice paper.
- To make recipe gluten-free, soy sauce can be substituted with Coconut Aminos.

**Required utensils**

2 Small bowls

Fork

Spoon

Cutting board

Measuring cups & spoons

Chef's knife

Large, round deep dish or pie pan

Dish towel

To-go-container