Tuna & Cucumber Yogurt Pitas

Tuna, cucumber and lemony Greek yogurt tucked into warm pita pockets with crisp lettuce. A quick lunch without mayonnaise.

Prep 15 min **Cook** 0 min **Serves** 2

Ingredients

- ☐ 1 can (5 oz / 142 g) tuna in water, drained well
- ☐ 1/3 cup (80 g) plain Greek yogurt
- ☐ 1 tsp Dijon mustard
- ☐ 2 tsp lemon juice
- ☐ 1/2 English cucumber, seeded and finely diced
- ☐ 1 small celery stalk, finely diced
- ☐ 1 tbsp chopped dill
- ☐ 1/4 tsp black pepper
- ☐ Fine salt, to taste
- ☐ 2 medium pita breads
- ☐ 2 large lettuce leaves, shredded



Spoon & Joy recipe illustration.

Before you start

Drain the tuna thoroughly
Press the lid gently against the fish to remove excess liquid before mixing.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Flake the drained tuna into a bowl with a fork, breaking up large pieces.
2. Stir in the Greek yogurt, Dijon and lemon juice. Fold in the cucumber, celery, dill and black pepper.
3. Taste the filling and add a small pinch of salt only if needed.
4. Warm the pita briefly if it is stiff, then cut each one to make a pocket. Line the inside with lettuce.
5. Divide the tuna filling between the pockets and serve immediately. Keep any unfilled pita separate from the salad.

Storage & making ahead

Keep the tuna filling refrigerated in a closed container for up to 2 days. Assemble the pitas shortly before serving and keep chilled during transport.

Seed watery cucumbers A teaspoon makes it easy to scrape out the soft center before dicing.

Read this recipe on Spoon & Joy