



Tuna and Apple Submarine

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 2

PREPARATION: 20 MINUTES

INGREDIENTS

- 1 170g can of light tuna crumbled in water, drained
- 1 celery stalk, diced
- 1 apple, peeled and cut into small cubes
- 1 green onion, finely chopped
- 50 g (1/2 cup) walnuts, coarsely chopped
- 45 ml (3 tbsp) mayonnaise
- 3.5 ml (3/4 tsp) balsamic vinegar
- Salt and pepper, to taste
- The recipe for [La Merveilleuse baguettes](#) (for submarines)
- Lettuce leaves

PREPARATION

1. In a bowl, combine all ingredients.
2. Cut a baguette in half lengthwise.
3. Cover the bottom with lettuce leaves.
4. Spread the tuna mixture, cover with the second part of the baguette, then serve!



A sweet blend of tuna and apple to discover!