

Creamy Tuna Dip



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PREP TIME: 10 min **SERVES:** 6 **DIFFICULTY:** Easy

Ingredients

½ cup softened cream cheese
¼ cup mayonnaise
2 tablespoons lemon juice
185g can tuna in springwater, drained
⅓ cup crème fraiche
2 tablespoons chopped parsley
1-2 green onions, finely chopped
2 teaspoons baby capers in brine, drained and chopped for garnish (optional)
Veggie sticks and water crackers to serve

Method

1. Blend or process cream cheese, mayonnaise, lemon juice and tuna together until well combined but still retaining a little texture.
2. Transfer to a serving bowl and stir through crème fraiche, parsley and green onions. Garnish with baby capers if using. Serve with your favourite veggie sticks and crackers.

Notes

- Choose the texture of your dip by processing less for a chunky mixture or more for a smooth dip.
- Change the flavour by using other flavoured canned tuna, such as tuna in lemon pepper or chilli tuna.

This recipe is suitable for everyone with kidney disease.

Nutritional profile per serve

Energy	928kj
Protein	9g
Carbohydrate	1g
Fibre	1g
Sodium	207mg (low)
Potassium	118mg (low)
Phosphate	109mg (take a phosphate binder with this meal if you are prescribed them)

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