

# Tuna and avocado sweet potato boats



Recipe written and photographed by  
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If you're over 75, this recipe could be a great addition to your home cookbook.

Tuna has good-quality protein to help keep your muscles strong. Sweet potato has slow-release carbohydrates that the body digests more slowly. They provide a boost of energy that keeps you feeling active and alert for longer.

Avocado and olive oil have monounsaturated fats. These are 'good' fats that support heart health and help you stay at your normal weight, even if you're eating less.

Lemon juice and parsley add a fresh burst of vitamin C and iron.

The soft textures are easy to chew and gentle on your stomach, while the nutrients help keep your mind sharp and your body strong.

**Serves:** 2 people

**Prep time:** 5 mins

**Cook time:** 45 mins

## Ingredients

- 2 medium sweet potatoes
- 1 x 185g can tuna in spring water, drained
- 1 small avocado, peeled and diced
- 1 tbsp lemon juice
- 1 tbsp chopped fresh parsley (optional)
- 1 tbsp extra virgin olive oil
- Pinch of salt (optional)

## Method

1. Firstly, you'll need to bake the sweet potatoes. Start by preheating the oven to 200°C.
2. While the oven heats up, wash the potatoes and then pierce them with a fork.
3. Once the oven is hot, bake the potatoes for 40–45 minutes until they're soft in the middle. *Tip: You can prepare the potatoes the day before to save time and conserve your energy. Just heat them up when needed.*
4. Mash the tuna and avocado together in a medium bowl. Add the lemon juice, parsley, olive oil, and a pinch of salt (if you decide to use it). Mix until everything is well combined.
5. When you're ready to serve, slice the baked sweet potatoes lengthwise. Gently mash the inside with a fork and spoon the tuna-avocado mixture on top.
6. Serve warm with extra parsley sprinkled over for a boost of freshness.

## Tips to boost nutrition

- Add 2 tbsp of Greek yoghurt to the tuna mix for extra protein and some calcium.
- Mix in 1 tsp of flaxseed meal or chia seeds for extra fibre and omega-3s, which help with digestion.
- Serve with a side of steamed greens for added vitamins and minerals. This includes magnesium and folate, which are good for brain health and repairing your muscles.

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