
Protein-Packed Tuna Rice Bowl (Low FODMAP)

A vibrant make-ahead lunch bowl with flaky tuna, nutty brown rice, and crunchy seeds—perfect for meal prep and gentle on sensitive stomachs.

Prep: 15 min

Total: 15 min

Servings: 1

Low FODMAP ✓

Ingredients

100g, cooled to room temperature cooked brown rice

75g (1 medium), peeled and coarsely grated carrot

60g (4 tomatoes), halved cherry tomatoes

100g drained weight tinned tuna steak in spring water

30g (1 large handful), such as lettuce, rocket, or baby spinach mixed salad leaves

2 tablespoons (sunflower, pumpkin, linseed, and sesame seeds) mixed seeds

1 tablespoon balsamic vinegar

1 tablespoon extra virgin olive oil

small pinch sea salt

to taste, freshly ground black pepper

Instructions

Step 1: Prepare the balsamic dressing

(3 min)

Combine the balsamic vinegar and extra virgin olive oil in a clean jar with a tight-fitting lid. Add a small pinch of sea salt and several grinds of black pepper. Seal the jar and shake vigorously for 15-20 seconds until the dressing is well emulsified and slightly thickened. This makes enough dressing for five servings and can be stored in your refrigerator or desk drawer for up to one week.

Step 2: Build the rice base

(2 min)

Spoon the cooled brown rice into the bottom of a sturdy glass jar, plastic container with a secure lid, or mason jar. Press it down gently to create an even layer—this forms the foundation of your bowl and will absorb the dressing beautifully when you're ready to eat.

Step 3: Layer the vegetables

(3 min)

Add the grated carrot in an even layer over the rice, followed by the halved cherry tomatoes arranged cut-side up. This layering technique keeps each ingredient distinct and prevents the rice from becoming soggy during storage.

Step 4: Add the protein

(3 min)

Drain the tuna thoroughly and use a fork to break it into large, chunky flakes. Arrange the tuna over the vegetables and season generously with freshly ground black pepper. The tuna should remain in substantial pieces rather than being mashed—this gives you better texture in every bite.

Step 5: Finish with greens and seeds

(2 min)

Top the tuna with the mixed salad leaves, keeping them as whole as possible so they stay crisp. Sprinkle the mixed seeds evenly over the top—they'll add a wonderful nutty crunch and healthy fats to your meal. Seal the container tightly with its lid.

Step 6: Chill and serve

(2 min)

Refrigerate your assembled bowl for at least 30 minutes or up to 24 hours before eating.

When you're ready to enjoy, give your dressing jar a vigorous shake to re-emulsify it, then drizzle 1 tablespoon over the top of your salad. Use a fork to gently toss all the layers together, allowing the dressing to coat every ingredient. Eat directly from the jar or transfer to a bowl for serving.