



UCCOOK

Tuna & Olive Salsa Toast

with green leaves

Hands-on Time: 8 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Pamela Pfunda

Nutritional Info	Per 100g	Per Portion
Energy	1049kJ	3703kJ
Energy	251kcal	885kcal
Protein	12.2g	42.9g
Carbs	23g	81g
of which sugars	2.2g	7.9g
Fibre	4.8g	17.1g
Fat	13.6g	48.1g
of which saturated	1.3g	4.6g
Sodium	324mg	1143mg

Allergens: Gluten, Wheat, Sulphites, Fish

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3 units	4 units	Tinned Tuna Chunks <i>drain</i>
125ml	160ml	Mayo
15ml	20ml	Dried Chilli Flakes
60g	80g	Mixed Olives <i>(30g [40g] Pitted Green Olives & 30g [40g] Pitted Kalamata Olives)</i>
6 slices	8 slices	Health Bread
60g	80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

- 1. TASTY TUNA** In a bowl, mix together the tuna chunks, the mayo, the chilli flakes (to taste), and seasoning. Drain and roughly chop the mixed olives.
- 2. TASTY TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
- 3. TASTY LUNCH** Top the toast with the green leaves and the tuna mayo mix. Scatter over the olives.