



uCOOK

Tuna Mayo Wrap

with cucumber & crispy onion bits

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	761kJ	2597kJ
Energy	182kcal	621kcal
Protein	7.8g	26.6g
Carbs	8g	27g
of which sugars	1.5g	5.2g
Fibre	4.8g	14.2g
Fat	12.9g	43.8g
of which saturated	2.2g	7.6g
Sodium	197.4mg	673.3mg

Allergens: Soya, Egg, Gluten, Allium, Wheat, Sulphites, Fish

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

1 unit	2 units	Tinned Tuna Chunks <i>drain</i>
50ml	100ml	Hellmann's Tangy Mayonnaise
1	2	Wheat Flour Tortilla/s
75g	150g	Shredded Cabbage
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
10ml	20ml	Crispy Onion Bits

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **TASTY TUNA** Place the tuna into a bowl and mix through the mayo and season.

2. **TOR-TILLA TASTY!** Lay the tortilla/s down and place the cabbage in the middle. Top with the tuna mixture, the cucumber and sprinkle over the onions. Wrap up and dig in!