



UCCOOK

Crisp Tuna Sandwich

with chilli oil & paprika

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Ethan Shahim

Nutritional Info

	Per 100g	Per Portion
Energy	745kJ	2269kJ
Energy	178kcal	542kcal
Protein	12.2g	37.1g
Carbs	18g	56g
of which sugars	1g	3g
Fibre	4g	12.1g
Fat	7.2g	22g
of which saturated	0.7g	2.2g
Sodium	210mg	638mg

Allergens: Sulphites, Fish, Gluten, Wheat

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
330g	440g	Dumpy Health Bread
3 units	4 units	Tinned Tuna Chunks <i>drain</i>
225ml	300ml	Mayo
150g	200g	Cucumber <i>rinse & roughly dice</i>
7.5ml	10ml	Smoked Paprika
60g	80g	Green Leaves <i>rinse</i>
15ml	20ml	Banhoek Chilli Oil

From Your Kitchen

Seasoning (salt & pepper)
Water

1. **WARM BREAD** Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.
2. **TASTY TUNA SANDWICH** Combine the tuna, mayonnaise, cucumber, and paprika in a bowl. Mix to combine. Season and set aside. Place the green leaves on one slice of bread, top with tuna mix and drizzle over chilli oil. Close your sandwich and enjoy, Chef!