



# UCOOK

## Tuna Mayo Bun

**with cucumber & tomato**

Celebrate your workday wins with this tasty tuna brioche bun, featuring creamy mayo, tangy tomato, fresh greens & cooling cucumber.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 2 People

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**Chef:** Jemimah Smith

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\*New Lunch

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## Ingredients & Prep

2 cans	Fish Tinned Tuna Chunks <i>drain</i>
100ml	Mayo
2	Brioche Buns
40g	Green Leaves <i>rinse</i>
100g	Cucumber <i>rinse &amp; cut into rounds</i>
2	Tomatoes <i>rinse &amp; roughly dice</i>

## From Your Kitchen

Salt & Pepper  
Water

**1. HEAT & MIX** Heat the rolls in a microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling. In a bowl, combine the drained tuna and the mayo.

**2. TASTY TUNA SANDWICH** Top the bottom halves of the buns with the rinsed green leaves, the tuna mayo mix, the cucumber rounds, and the diced tomato. Season, close up, and tuck in!

## Nutritional Information

Per 100g

Energy	585kj
Energy	140kcal
Protein	7g
Carbs	13g
of which sugars	3.1g
Fibre	1.2g
Fat	6.7g
of which saturated	0.6g
Sodium	192mg

## Allergens

Egg, Gluten, Wheat, Sulphites, Fish,  
Cow's Milk

Eat  
Within  
4 Days