



UCCOOK

Tuna Mayo Croissant

with capers

When you're dressed to impress for work, your lunch should suit that image, Chef! Project success as you fill a French crescent-shaped croissant with a creamy tuna-mayo fusion dotted with briny capers and fresh salad greens.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Jade Summers

*New Lunch

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Ingredients & Prep

1	Croissant
1 unit	Tinned Tuna Chunks <i>drain</i>
40ml	Mayo
20g	Capers <i>drain & roughly chop</i>
20g	Salad Leaves <i>rinse</i>

From Your Kitchen

Salt & Pepper
Water

1. **WARM CROISSANT** Heat the croissant in the microwave until softened, 15 seconds. Allow to cool slightly before slicing and assembling.
2. **CREAMY TUNA & CAPERS** In a bowl, combine the drained tuna, the mayo, and the drained capers. Season.
3. **LE LUNCH!** Fill the heated croissant with the rinsed leaves, and the tuna mayo mix.

Nutritional Information

Per 100g

Energy	1042kj
Energy	249kcal
Protein	10g
Carbs	20g
of which sugars	5.8g
Fibre	2.9g
Fat	14.7g
of which saturated	4.9g
Sodium	440.1mg

Allergens

Egg, Gluten, Wheat, Sulphites, Fish, Soy

Eat
Within
3 Days