



# 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.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 4 People

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**Chef:** Jade Summers

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\*New Lunch

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### Ingredients & Prep

|         |                                           |
|---------|-------------------------------------------|
| 4       | Croissants                                |
| 4 units | Tinned Tuna Chunks<br><i>drain</i>        |
| 160ml   | Mayo                                      |
| 80g     | Capers<br><i>drain &amp; roughly chop</i> |
| 80g     | Capers<br><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