



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.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 1 Person

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

| | |
|-------|--|
| 1 can | Tinned Tuna Chunks <i>drain</i> |
| 50ml | Mayo |
| 1 | Brioche Bun |
| 20g | Green Leaves <i>rinse</i> |
| 50g | Cucumber <i>rinse & cut into rounds</i> |
| 1 | Tomato <i>rinse & roughly dice</i> |

From Your Kitchen

Salt & Pepper
Water

1. HEAT & MIX Heat the roll 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 half of the bun 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