



# UCCOOK

## Tuna & Olive Salsa Toast

with green leaves

**Hands-on Time:** 5 minutes

**Overall Time:** 7 minutes

**Lunch:** Serves 1 & 2

**Chef:** Pamela Pfunda

### Nutritional Info

	Per 100g	Per Portion
Energy	1049kJ	3703kJ
Energy	251kcal	885kcal
Protein	12.2g	42.9g
Carbs	23g	81g
of which sugars	2.2g	7.9g
Fibre	4.8g	17.1g
Fat	13.6g	48.1g
of which saturated	1.3g	4.6g
Sodium	324mg	1143mg

**Allergens:** Gluten, Wheat, Sulphites, Fish

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1 unit	2 units	Tinned Tuna Chunks <i>drain</i>
40ml	80ml	Mayo
5ml	10ml	Dried Chilli Flakes
20g	40g	Mixed Olives <i>(10g [20g] Pitted Green Olives &amp; 10g [20g] Pitted Kalamata Olives)</i>
2 slices	4 slices	Health Bread
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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Seasoning (salt & pepper)

Water

1. **TASTY TUNA** In a bowl, mix together the tuna chunks, the mayo, the chilli flakes (to taste), and seasoning. Drain and roughly chop the mixed olives.

2. **TASTY TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.

3. **TASTY LUNCH** Top the toast with the green leaves and the tuna mayo mix. Scatter over the olives.