

Eat Within 2 Days

Creamy Tuna Sandwich

with chilli oil & paprika

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Ethan Shahim

Nutritional Info	Per 100g	Per Portion
Energy	1046kJ	3984kJ
Energy	250kcal	953kcal
Protein	10.1g	38.3g
Carbs	19g	72g
of which sugars	3.3g	12.7g
Fibre	3.5g	13.4g
Fat	16.3g	62.2g
of which saturated	1.4g	5.3g
Sodium	244mg	927mg

Allergens: Sulphites, Fish, Gluten, Wheat

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
110g	220g	Dumpy Health Bread
1 unit	2 units	Tinned Tuna Chunks *drain*
75ml	150ml	Mayo
50g	100g	Cucumber *rinse & roughly dice*
2.5ml	5ml	Smoked Paprika
20g	40g	Green Leaves *rinse*
5ml	10ml	Banhoek Chilli Oil

From Your Kitchen

Seasoning (salt & pepper)
Water

1. WARM BREAD Heat the bread in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

2. TASTY TUNA SANDWICH Combine the tuna, mayonnaise, cucumber, and paprika in a bowl. Mix to combine. Season and set aside. Place the green leaves on one slice of bread, top with tuna mix and drizzle over chilli oil. Close your sandwich and enjoy, Chef!