

# U COOK

## Tuna Mayo Bagel

with tangy gherkins

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	921kJ 220kcal	3409kJ 815kcal
Protein	7.7g	28.5g
Carbs	27g	98g
of which sugars	2.2g	8.1g
Fibre	0.9g	3.3g
Fat	9.4g	34.7g
of which saturated	0.7g	2.7g
Sodium	328mg	1212mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

3 4 Plain Bagels

3 cans 4 cans Tinned Tuna Chunks  
*drain*

150ml 200ml Mayo

120g 160g Gherkins  
*drain & roughly chop*

60g 80g Salad Leaves  
*rinse*

**1. HEAT THE HALVES** Heat the bagel halves in a microwave until softened, 15 seconds. Alternatively, toast in a toaster. Allow to cool slightly before assembling.

**2. TASTY TUNA** To a bowl, add the tuna, mayo, gherkins, and seasoning.

**3. DIVE IN** Top the bottom half of the bagels with the green leaves, and the tuna mayo mix. Close up, and tuck in!

## From Your Kitchen

Seasoning (Salt & Pepper)

Water