

# QCOOK

## 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	3409kj
Energy	220kcal	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:**

<b>Serves 3</b>	<a href="#">[Serves 4]</a>	
3	4	Plain Bagels
3 cans	4 cans	Tinned Tuna Chunks <i>drain</i>
150ml	200ml	Mayo
120g	160g	Gherkins <i>drain &amp; roughly chop</i>
60g	80g	Salad Leaves <i>rinse</i>

**From Your Kitchen**

Seasoning (Salt & Pepper)  
Water

- 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!