



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: 4 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

4 cans	Tinned Tuna Chunks <i>drain</i>
200ml	Mayo
4	Brioche Buns
80g	Green Leaves <i>rinse</i>
200g	Cucumber <i>rinse & cut into rounds</i>
4	Tomatoes <i>rinse & roughly dice</i>

From Your Kitchen

Salt & Pepper
Water

1. HEAT & MIX Heat the rolls 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 halves of the buns 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