



# UCCOOK

## Tuna Mayo Bun

with cucumber & tomato

**Hands-on Time:** 10 minutes

**Overall Time:** 12 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	585kJ	2576kJ
Energy	140kcal	618kcal
Protein	7g	30.8g
Carbs	13g	57g
of which sugars	3.1g	13.6g
Fibre	1.2g	5.5g
Fat	6.7g	29.3g
of which saturated	0.6g	2.6g
Sodium	192mg	844mg

**Allergens:** Cow's Milk, Egg, Gluten, Wheat, Sulphites, Fish

**Spice Level:** None

Eat Within 4 Days

**Ingredients & Prep Actions:**

<b>Serves 3</b>	<a href="#">[Serves 4]</a>	
3	4	Brioche Buns
3 cans	4 cans	Tinned Tuna Chunks <i>drain</i>
150ml	200ml	Mayo
60g	80g	Green Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse &amp; cut into rounds</i>
3	4	Tomatoes <i>rinse &amp; roughly chop</i>

**From Your Kitchen**

Seasoning (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 tuna and the mayo.
2. **TASTY TUNA SANDWICH** Top the bottom half of the roll with the green leaves, the tuna mayo mix, the cucumber, and the tomato. Season, close up, and tuck in!