

# UCCOOK

## Tuna Mayo Bagel

with tangy gherkins

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**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:

Serves 1 [\[Serves 2\]](#)

1	2	Plain Bagel/s
1 can	2 cans	Tinned Tuna Chunks <i>drain</i>
50ml	100ml	Mayo
40g	80g	Gherkins <i>drain &amp; roughly chop</i>
20g	40g	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 bagel/s with the green leaves, and the tuna mayo mix. Close up, and tuck in!