



UCCOOK

Tuna Mayo Bun

with cucumber & tomato

Hands-on Time: 8 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

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:

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

1	2	Brioche Bun/s
1 can	2 cans	Tinned Tuna Chunks <i>drain</i>
50ml	100ml	Mayo
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into rounds</i>
1	2	Tomato/es <i>rinse & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. HEAT & MIX** Heat the roll/s 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!