



UCCOOK

Tuna & Olive Salsa Toast

with green leaves

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Pamela Pfunda

Nutritional Info

	Per 100g	Per Portion
Energy	1036kJ	3759kJ
Energy	248kcal	899kcal
Protein	11.9g	43g
Carbs	22g	82g
of which sugars	2.2g	8g
Fibre	5.1g	17.4g
Fat	13.6g	49.4g
of which saturated	1.3g	4.8g
Sodium	348.2mg	1263.9mg

Allergens: Gluten, Wheat, Sulphites, Fish

Spice Level: MILD

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 unit	2 units	Tinned Tuna Chunks <i>drain</i>
40ml	80ml	Mayo
5ml	10ml	Dried Chilli Flakes
30g	60g	Mixed Olives <i>(15g [30g] Pitted Green Olives & 15g [30g] Pitted Kalamata Olives)</i>
2 slices	4 slices	Health Bread
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

- 1. TASTY TUNA** In a bowl, mix together the tuna chunks, the mayo, the chilli flakes (to taste), and seasoning. Drain and roughly chop the mixed olives.
- 2. TASTY TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
- 3. TASTY LUNCH** Top the toast with the green leaves and the tuna mayo mix. Scatter over the olives.