

U COOK

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 220kcal	3409kJ 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
drain

50ml 100ml Mayo

40g 80g Gherkins
drain & roughly chop

20g 40g Salad Leaves
rinse

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!

From Your Kitchen

Seasoning (Salt & Pepper)

Water