



# 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<br><i>drain</i>             |
| 50ml     | 100ml      | Mayo   |
| 20g      | 40g        | Green Leaves<br><i>rinse</i>                   |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; cut into rounds</i> |
| 1        | 2          | Tomato/es<br><i>rinse &amp; 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!