



UCOOK

Tuna & Olive Salsa Toast

with green leaves

You'll be making a mistake if you assume this is just a standard tuna sandwich, Chef! Elevated with a chilli flake-dotted mayo, tuna chunks are coated in this delicious creaminess, spooned onto toasted health bread and layered with pops of green & kalamata olives with crunchy salad leaves.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 3 People

Chef: Pamela Pfunda

Lunch

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Ingredients & Prep

3	Tinned Tuna Chunks <i>drain</i>
120ml	Mayo
15ml	Dried Chilli Flakes
80g	Mixed Olives <i>(40g [80g]#7DA0D7 Pitted Green Olives & 40g [80g]#7DA0D7 Pitted Kalamata Olives)</i>
6 slices	Health Bread
1	Summer Salad Mix (Green oak, cos, red spinach)

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 chopped olives.

Nutritional Information

Per 100g

Energy	1036kj
Energy	248kcal
Protein	11.9g
Carbs	22g
of which sugars	2.2g
Fibre	5.1g
Fat	13.6g
of which saturated	1.3g
Sodium	348.2mg

Allergens

Gluten, Wheat, Sulphites, Fish

Eat
Within
3 Days