

Tuna crunch ciabatta

(Serves 2)

Ingredients

- 1 x 160g tin Tuna in Spring water
- 1 tbsp Mayonnaise (Hellman's)
- 1/8 tsp Black Pepper
- 4 Spring Onions, trimmed & sliced
- 1 Pepper, any colour, deseeded & finely chopped
- 2 Ciabatta Rolls
- 80g Tomatoes, any, seasonal

Preparation

1. Drain tuna & put into a dish.
2. Stir in mayonnaise & black pepper.
3. Add spring onions & pepper & mix together.
4. Cut ciabatta rolls in half.
5. Spread filling onto bottom half of rolls.
6. Cover with top half of ciabatta.
7. Serve with tomatoes.

TOP TIP: This sandwich really packs a filling! Add any fresh herbs if you like.

NUTRITIONAL VALUES PER SERVING

Calories 387

Total Sugars 8g

Total Fats 10.41g

Saturated Fats 1.15g

Salt 1.51g

Fruit & Veg 2