

Tuna Melt Panini

(Serves 1)

Ingredients

- 1 tsp Oil, Olive, napolini
- 1 Garlic clove, small, finely chopped
- 20g Spring Onions, finely sliced
- 1/2 Pepper, red, deseeded & finely chopped
- 40g Tuna in spring water (Princes)-160g tin
- 1 Panini (Tesco-appx 85g)
- 15g Cheese, Cheddar, cathedral city lighter, sliced
- 75g Tomatoes, cherry, whole

Preparation

1. Heat oil in a frying pan.
2. Fry garlic clove, spring onions & red pepper on a medium heat for 2 minutes.
3. Turn off heat. Mix in tuna.
4. Pre-heat panini press.
5. Slice panini in half so you have a bottom & top half.
6. Spread tuna mix onto bottom half of panini.
7. Top with cheese slices. Cover with top half of panini.
8. Toast in panini press for 5-8 minutes.
9. Whilst panini toasting, grill cherry tomatoes.
10. Slice panini through middle diagonally & serve with tomatoes.

TOP TIP: Leave the middle of the panini free of cheese so that when you slice it, it doesn't ooze out.

NUTRITIONAL VALUES PER SERVING

Calories 400

Total Sugars 7.36g

Total Fats 12.54g

Saturated Fats 3.92g

Salt 1.38g

Fruit & Veg 2