

Tuna, sweetcorn & beetroot pitta

(Serves 1)

Ingredients

- 1 x 160g tin Tuna in spring water (Princes)
- 1 tbsp Mayonnaise, light (Hellman's)
- 1/8th tsp Black pepper
- 50g Sweetcorn in water, drained (naturally sweet)
- 1/2 Pepper, red, deseeded & chopped
- 40g Beetroot, baby, fresh, chopped
- 1 medium Pitta bread, wholemeal

Preparation

1. Drain the tuna & flake into a dish.
2. Mix in the mayonnaise, black pepper, sweetcorn & red pepper.
3. Add the beetroot.
4. Toast pitta bread until warm but still soft.
5. Make a slit across top of pitta bread & gently open it up ready for filling.
6. Fill pitta with tuna mix. Serve.

TOP TIP: Running a knife gently through top of pitta bread whilst cold, will help open it up ready for filling. It is harder to do this when hot!

NUTRITIONAL VALUES PER SERVING

Calories 383

Total Sugars 14.75g

Total Fats 6.01g

Saturated Fats 0.92g

Salt 1.61g

Fruit & Veg 2