

Tuna Melt with Carrot and Cucumber Sticks

Serves 10

Ingredients	
1 X 400g can of tuna in spring water	10 thick slices of granary bread
1 (220g) cucumber	5 (350g) tomatoes
5 (50g) spring onions	10 slices (300g) of cheese
4 (120g) celery sticks	400g Carrot and cucumber sticks
4 tbsp (60g) mayonnaise	

- METHOD:
- Drain the tuna and flake.
- Chop the cucumber into small dice.
- Wash and peel the spring onions and chop into small dice.
- Wash and trim the celery sticks and chop into small dice.
- Mix the tuna, cucumber, onion and celery with the mayonnaise.
- Toast the bread slices on one side.
- Pile the tuna mixture on the un-toasted side of the bread slices.
- Slice the tomatoes and place two slices on top of each slice of tuna covered bread.
- Place a cheese slice on top of the tomatoes.
- Cook under the grill or in a hot oven until the cheese has melted.
- Serve with carrot and cucumber sticks.



- ✓ COOK'S TIP: FOR WHEAT FREE DIETS USE WHEAT FREE BREAD SLICES
- ✓ FOR EGG FREE DIETS EXCLUDE MAYONNAISE, REPLACE WITH WAISTLINE SALAD CREAM OR NATURAL YOGHURT.
- ✓ FOR MILK FREE DIETS EXCLUDE CHEESE, REPLACE WITH SOYA CHEESE.
- ✓ FOR VEGETARIAN DIETS EXCLUDE TUNA, REPLACE WITH HUMUS AND USE SOYA OR VEGETARIAN CHEESE.

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
253	19	12	19	0	1.3	1.4	317