



Red Leicester and Basil Tuna Melt with Wholegrain Mustard and Spring Onion

Lunch 5-10 Minutes

4A



Spring Onion



Seeded Roll



Red Leicester



Basil Flavoured Tuna



Wholegrain Mustard



Mayonnaise

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Grater, bowl and baking tray.

Ingredients

Ingredients	Quantity
Spring Onion**	1
Seeded Roll 13	1
Red Leicester** 7	60g
Basil Flavoured Tuna 4	1 tin
Wholegrain Mustard 9	17g
Mayonnaise 8 9	1 sachet

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	152g	100g
Energy (kJ/kcal)	1755 /419	1155 /276
Fat (g)	25.5	16.8
Sat. Fat (g)	8.9	5.9
Carbohydrate (g)	26.6	17.5
Sugars (g)	3.1	2.0
Protein (g)	22.7	14.9
Salt (g)	2.14	1.41

Nutrition for uncooked ingredients based on 1 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish **7)** Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

The Fresh Farm

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1



2



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Start the Prep

- Preheat your grill to high. Alternatively, you can preheat a sandwich press if you'd prefer, or enjoy the **sandwich** cold.
- Thinly slice the **spring onion**.
- Halve the **seeded roll**.

Make your Filling

- Grate the **cheese**.
- In a small bowl, mix together the the **tuna, wholegrain mustard, mayo, spring onion** and **half** the **cheese**.
- Spread the **tuna mixture** over the cut sides of the roll.
- Sprinkle the remaining **cheese** over the top.

Melt and Serve

- If using the grill, pop the **roll halves** onto a baking tray. Grill until the **cheese** has melted, 3-4 mins.
- If using a sandwich press, sandwich the **roll** together and place on the press. Heat until the **bread** has toasted and the **cheese** has melted.
- If eating cold, sandwich the **roll** together and tuck in.

Enjoy!