



Tuna Mayo Sandwich with Baby Gem

Lunch 5 Minutes

4A



Baby Gem
Lettuce



Basil Flavoured
Tuna



Mayonnaise



Seeded Roll

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife and Bowl.

Ingredients

	Quantity
Baby Gem Lettuce**	½
Basil Flavoured Tuna** 4)	1 tin
Mayonnaise** 8)	1 sachet
Seeded Roll 13)	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	134g	100g
Energy (kJ/kcal)	1214 /290	909 /217
Fat (g)	14	10
Sat. Fat (g)	2	1
Carbohydrate (g)	28	21
Sugars (g)	3	2
Protein (g)	15	11
Salt (g)	1.36	1.02

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

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 You can recycle me!



1



2



3



Prep

a) Trim the **baby gem** then halve lengthways. Thinly slice widthways.

Make the Mix

a) Pop the **baby gem**, **tuna** and **mayonnaise** into a bowl and mix well to combine.

Finish

a) Slice the **seeded roll** in half lengthways.

b) Fill the **seeded roll** with the **tuna mix**.

Enjoy!