



# 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!  
Wash your hands before and after prep.

## Cooking tools

Bowl and sealed container.

## Ingredients

	Quantity
Baby Gem Lettuce**	½
Basil Flavoured Tuna <b>4)</b>	1 tin
Mayonnaise <b>8) 9)</b>	1 sachet
Seeded Roll <b>13)</b>	1

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>257g</b>	<b>100g</b>
Energy (kJ/kcal)	2328/556	906/216
Fat (g)	27.5	10.7
Sat. Fat (g)	3.0	1.2
Carbohydrate (g)	51.1	19.9
Sugars (g)	5.4	2.1
Protein (g)	29.5	11.5
Salt (g)	2.60	1.01

Nutrition for uncooked ingredients based on 1 person recipe.

## Allergens

4) Fish 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

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 You can recycle me!



1



2



3



## Prep the Baby Gem

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.

## Time for Lunch

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

b) Fill the **roll** with the **tuna mix**, sandwich together, then slice in half.

c) If you're eating right away, get stuck in! If not, pop it into a sealed container and into the fridge to eat later.

Enjoy!