

Tuna-tastic Sandwich

Makes 1 sandwich (cut into a fish shape)

Ingredients:

2 slices of Kingsmill
The Secretly Seeded One®
50g canned tuna in spring water,
drained
2 tps mayonnaise (low fat if preferred)
½ tsp tomato puree
2cm cucumber, cut into small pieces
1 spring onion, finely chopped
2 tbsps of sweetcorn (optional)



Method:

1. Mix the mayonnaise with the tomato puree.
2. Add the tuna, cucumber, chopped spring onions and sweet corn (optional).
3. Place on top of one slice of bread. Cover with the remaining slice of bread, press down lightly and cut into a simple fish shape and serve.