

## Tuna Spread and Vegetable Mini Pitta Pockets

Serves 4

Preparation time: 10 minutes

### Ingredients:

6 mini pitta bread  
185g can tuna, drained  
100g cream cheese  
8-10 green grapes, cut in 1/4s  
1 (198g) tin sweetcorn, drained  
1 stick celery, peeled, finely chopped  
1 small carrot, peeled and grated  
Freshly ground black pepper



### Method:

- 1 In a large mixing bowl add the drained tuna and the cream cheese and mix well to make a creamy spread.
- 2 Add the remaining ingredients, mix well and season.
- 3 Stuff each pitta bread pocket with a generous amount of the tuna filling and enjoy at home or on the move!

### Nutritional value per serving

Calories: 229

Protein: 10.8g

Carbohydrate: 28.3g

Sugars: 5.8g

Fat: 8.9g

Saturated fat: 5.1g

Fibre: 1.6g

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