

Tuna delight wrap

Makes 1 sandwich (4 quarters) or 1 wrap

Ingredients

- Choose wholegrain or wholemeal bread, English muffins, pita pockets or bagels
- 1 x 95g can tuna in springwater
- 2 teaspoons reduced fat mayonnaise
- 4 slices of cucumber
- ¼ cup carrot
- ½ cup mixed lettuce leaves



Method

1. Drain springwater from tuna. Grate carrot.
2. Add tuna and mayonnaise to a small mixing bowl. Mix together with a fork until well combined.
3. Spread tuna mixture over bread or wrap.
4. Top with cucumber, carrot and mixed lettuce leaves.

NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 263g		
	Per serve	Per 100g
Kilojoules (kJ)	1280	487
Protein (g)	31.0	11.8
Total fat (g)	3.3	1.2
- Saturated fat (g)	0.8	0.3
Carbohydrates (g)	35.1	13.4
- Sugars (g)	8.2	3.1
Fibre (g)	6.8	2.6
Sodium (mg)	665	253

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines