



# Pan-Fried Tuna Melt Panini with Cheddar Cheese and Spring Onion

Lunch 10-15 Minutes

28A

Find all your unchilled  
Market items in bag A.



Mature Cheddar  
Cheese



Spring Onion



Basil Flavoured  
Tuna



Mayonnaise



Ciabatta

## PAN-FRIED PANINI

These are the pan-fried instructions,  
but this recipe will be just as tasty in  
a panini press if you have one!

### Pantry Items

Oil, Salt, Pepper



## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Grater, bowl and frying pan.

## Ingredients

Ingredients	Quantity
Mature Cheddar Cheese** 7)	60g
Spring Onion**	1
Basil Flavoured Tuna 4)	2 tins
Mayonnaise 8) 9)	64g
Ciabatta 13)	2

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	242g	100g
Energy (kJ/kcal)	2454 /587	1014 /242
Fat (g)	33.1	13.7
Sat. Fat (g)	9.0	3.7
Carbohydrate (g)	42.4	17.5
Sugars (g)	2.1	0.9
Protein (g)	33.3	13.8
Salt (g)	2.82	1.16

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

4) Fish 7) Milk 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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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1



2



3



## Bring on the Tuna Filling

a) Grate the **cheese**.

b) Trim and thinly slice the **spring onion**.

c) In a small bowl, combine the **spring onion**, **basil flavoured tuna** and the **mayonnaise**. Season with **salt** and **pepper** to taste.

## Build the Panini

a) Halve the **ciabatta**.

b) Evenly spread the **tuna mayo mixture** over the **base** of each **ciabatta**, then top with the **grated cheese**.

c) Sandwich shut with the **ciabatta lids** and firmly press down to secure the **filling**.

## Cook the Panini

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) Once hot, add the **panini**, pressing down with a spatula or heavy-bottomed pan.

c) Cook, pressing occasionally, until the **bread** is golden and toasted and the **cheese** has melted, 2-4 mins each side.

d) Once cooked, slice your **tuna melts** diagonally and share between 2 serving plates.

Enjoy!