

# Tuna Mayo Sandwich with Baby Gem Lettuce

N°4A

Lunch 5 Minutes







Baby Gem Lettuce

Basil Flavoured Tuna



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Mayonnaise

Seeded Roll

## Before you start

Our fruit and veggies need a little wash before you use them!

# Cooking tools, you will need: Bowl, Knife, Cutting Board.

# Ingredients

Quantity
1/2
1 tin
1 sachet
1

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	134g	100g
Energy (kJ/kcal)	1214/290	909 /217
Fat (g)	14	10
Sat. Fat (g)	2	1
Carbohydrate (g)	28	21
Sugars (g)	3	2
Protein (g)	15	11
Salt (g)	1.36	1.02

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

4) Fish 8) Egg 9) Mustard 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.



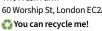
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#### Prep

**a)** Trim the root from the **baby gem lettuce** 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.



#### **Finish**

- a) Slice the seeded roll in half lengthways.
- b) Fill the seeded roll with the tuna mix.

# Enjoy!



**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.