



Tuna Pitta Melt

Serves 1 (contains approximately 400 kcal)

PROUDLY SUPPORTING
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Ingredients

1 round wholemeal pitta bread
80g tin tuna in spring water
1 teaspoon mayonnaise (5g)
1 scallion
1 ripe tomato
15g Cheddar cheese

20g baby spinach leaves
salt (optional) and freshly ground
black pepper

Method

Toast the pitta bread in the toaster for 1 minute until puffed up, then leave until cool enough to handle and split one side open using a sharp knife or scissors.

Meanwhile, open the can of tuna and drain off the liquid and discard. Put the tuna in a bowl and mix in the mayonnaise. Season lightly with a little salt (optional) and pepper to taste.

Trim and thinly slice the scallion. Cut the tomato into slices and arrange in the split open pitta then fill with the tuna mixture and the scallion. Using a box grater, grate the cheese and then sprinkle on top. Heat a frying pan over a medium heat and add the filled pitta bread to it. Cook for 1 minute on each side or until the cheese has melted. Add a handful of the spinach leaves to the tuna pitta melt and arrange on a plate with the rest of the spinach leaves in a small bowl alongside to serve.