

# Tuna Mayonnaise Baguette

**Allergens – Gluten, Eggs, Milk, Fish, Mustard** may contain **Soya**

## Ingredients

---

Quantity	Ingredient
800 g	Tinned <b>Tuna</b> Drained (contains <b>Fish</b> )
100 ml	<b>Lite Mayonnaise</b> (Hellman's contains <b>Eggs, Milk, Mustard</b> )
100 g	Low Fat Natural <b>Yoghurt</b>
20 g	<b>Black Pepper</b> (optional)
	<b>Sunflower spread</b>
20	7.5" <b>Baguette</b> (contains <b>Wheat</b> , may contain <b>Soya</b> )



## Method

---

1. Cook off baguette until slightly browned. Slice and spread lightly with sunflower spread.
2. Drain, flake and mix the tuna with mayonnaise, yoghurt and season with pepper.
3. Place the tuna mixture in the center of the sliced baguette to completely enclose mixture. Slice the filled baguette in half.
4. Store chilled until ready to serve.

### Nutritional Content for 40g Tuna filling + ½ baguette

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 275.4	= 3.6	= 3.6	= 1.2	= 0.8	= 29.7

**Portion size - Primary – 40g**      Baguette whole = 51g carb