


MEDITERRANEAN TUNA DELI ROLLS



 Serves
4

 Prep
15 minutes

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	492kcal	5.5g	25.3g	8.4g	2.8g
R1%	25%	6%	36%	42%	47%

METHOD

1. Mix together the tuna and mayonnaise with a good squeeze of lemon juice.
2. Split the deli rolls and spread each one with a little butter. Arrange the tomatoes over the base.
3. Share the tuna mixture between the rolls and spread it out evenly, then top with the olives and capers. Season with a little black pepper. Garnish with basil leaves and serve.

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INGREDIENTS

2x 185g Princes Tuna Steak
2 tbsp light mayonnaise
Squeeze of lemon juice
4 multi-seed deli rolls
Butter, for spreading
4 tomatoes, sliced
8 pitted or stuffed green olives, sliced
2 tbsp capers
Freshly ground black pepper
A few basil leaves

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