



Tuna & Chickpea Open Melt



Ingredients

- 2 x 145g can Princes tuna chunks in Springwater
- 4 slices of sourdough bread
- 1/2 x can of chickpeas
- 2 tbsp of mayo
- 2 spring onions, sliced
- 1/2 ball mozzarella
- Olive oil
- Salt & pepper

 Serves
4

 Prep
10 mins

 Cooking
3 mins

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	192Kcal	0.4g	7.3g	1.4g	0.77g
RI%	15%	1%	16%	12%	21%

Method

1. Drizzle the sourdough slices with olive oil and a pinch of salt then griddle or toast until golden brown
2. In a bowl, mix the tuna, chickpeas, mayo, and half the spring onion then season to taste
3. Top each slice of sourdough with the mixture and finish with a thin slice of mozzarella and a sprinkling of spring onion.
4. Drizzle with olive oil, sprinkle over some black pepper and cook under the grill for about 3 minutes until the cheese is melted.

