



## Tuna Cheddar Melts



Serves  
2



Prep  
5 minutes



Cooking  
5 minutes



### Ingredients

2 x 110g cans Princes Drained Tuna Steak in Spring Water

½ red pepper, deseeded and finely chopped

4 cherry tomatoes, finely chopped

Small piece of cucumber, finely chopped

2x15cm pieces crusty baguette, split in two

A little butter, for spreading

40g mature Cheddar cheese, grated

A little paprika, for sprinkling

Salad garnish, to serve

The perfect recipe to hit the spot when you're hungry and short of time!

|          | Calories | Sugars | Fat  | Saturated Fat | Salt  |
|----------|----------|--------|------|---------------|-------|
| per 100g | 148kcal  | 1.7g   | 4.3g | 2.3g          | 0.45g |
| RI%      | 7%       | 2%     | 6%   | 12%           | 8%    |

### Method

1. Preheat the grill.
2. Tip the cans of tuna into a bowl, break into chunks with a fork, then mix gently with the red pepper, tomatoes and cucumber.
3. Lightly toast the cut sides of the baguette pieces. Spread with a little butter, then share the tuna mixture between the two baguette bases.
4. Scatter the grated cheese on top and grill until just melted. Sprinkle with a little paprika.
5. Put the baguette tops in place, then serve with a salad garnish.

