

Tuna and Sweetcorn Sandwich



Ingredients

- 50g tuna (half a can of tuna in spring water, drained well)
- 1 tbsp tinned sweetcorn
- 1½ tbsp plain low-fat Greek yogurt
- 1 tsp lemon juice
- black pepper
- 2 slices of wholemeal bread

Servings: 1

Difficulty: Easy

Prep Time: 10 minutes

Other garnish ideas:

- 4 Spinach leaves
- 2 Slices tomato
- ¼ Avocado

Method

- In a bowl, mix the tuna with the low-fat Greek yogurt and sweetcorn, lemon juice, black pepper until well combined.
- Spread the tuna mixture on one slice of bread.
- Top with some spinach, sliced avocado and tomato (if using) and close it.

Complete your lunchbox with

- Boiled broccoli or cauliflower florets (boil or steam just for a few minutes to keep them green and slightly crunchy)
- Apple
- 200ml 1% fat milk or plant-based alternative
- Bottle of water

Allergens

Gluten, milk, fish, may contain soya

