

## **Tuna mayonnaise and sweetcorn sandwich recipe**

The mild flavour of tinned tuna combined with sweetcorn. This would work well with sticks of carrot or cucumber and some mixed berries.

Prep: 10 mins

Serves 1

### **Ingredients**

- half a 160g can of tuna in spring water, drained
- 1 level tablespoon reduced-calorie mayonnaise
- 1 heaped tablespoon sweetcorn (tinned, or cooked from frozen)
- large pinch of black pepper
- 2 thick slices of half-and-half bread

Complete your lunchbox with:

- 1 small carrot and a 3cm chunk of cucumber, cut into sticks
- 60g mixed berries
- 200ml semi-skimmed milk

### **Method**

- Mix the tuna with the mayonnaise, sweetcorn and pepper.

Information:

Mix the filling the night before and store in the fridge to save time in the morning.

- Sandwich the mixture between the slices of bread.

Information:

Double the recipe to use the rest of the can of tuna if you have 2 lunchboxes to prepare.