



# Tuna delight wrap



*Makes 1 sandwich (4 quarters) or 1 wrap*

## Ingredients

- Choose wholegrain or wholemeal bread, English muffins, pita pockets or bagels
- 1 x 95g can tuna in spring water
- 2 teaspoons reduced fat mayonnaise
- 4 slices of cucumber
- $\frac{1}{4}$  cup carrot grated
- $\frac{1}{2}$  cup mixed lettuce leaves



## Method

1. Drain spring water from tuna.
2. Add tuna and mayonnaise to a small mixing bowl. Mix together with a fork until well combined.
3. Spread tuna mixture over bread or wrap.
4. Top with cucumber, carrot and mixed lettuce leaves