


## Tuna Melt Parcel

**Serves:** 1

**Prep time:** 5 minutes

**Cook time:** 6-8 minutes

 1 serve per portion

### Ingredients

95g can tuna in spring water, drained

1 heaped tablespoon natural yoghurt, reduced fat

1 teaspoon American mustard

¼ red onion, finely chopped

1 tablespoon fresh basil, finely chopped

2 heaped tablespoons sweet corn (canned or defrosted from frozen)

Salt and pepper, to taste

½ cup baby spinach leaves

1 wholemeal wrap

2 tablespoons cheddar cheese, grated



Everyday Food

### Method

MIX the tuna with yoghurt, mustard, onion, basil, sweet corn and seasonings.

PLACE the spinach onto the centre of the wholemeal wrap.

TOP with the tuna mix and sprinkle over the grated cheese.

FOLD into a square parcel by tucking the four sides over the mixture to close.

COOK in an air fryer or oven for 6-8 minutes until golden brown and crunchy, or pan fry or toast in a sandwich press until lightly golden on both sides.

*Recipe courtesy of the Country Kitchens team*