

Tuna / Tesco.

Contributors

Tesco (Firm)

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TESCO

TUNA





CRISPY TUNA BASKETS

SERVES FOUR

Ingredients: Bunch of Radishes, finely chopped. 1/2 Cucumber, finely chopped.

1 Yellow Pepper, de-seeded and finely chopped. 2 x 15ml sp (2 tbsp) Finely Chopped Mint.

170g Can Tuna in Brine, drained. 5 x 15ml sp (5 tbsp) Greek Yogurt. 3 x 15 ml sp (3 tbsp) Low Fat Mayonnaise.

Salt and Ground Black Pepper. 4 Large Iceberg or Crisp Lettuce Leaves. Fresh Mint Sprigs to garnish.

METHOD

1. Mix the radishes, cucumber, yellow pepper and mint together.
2. Flake the tuna and carefully mix into the salad ingredients.
3. Beat together the greek yogurt, mayonnaise, salt and pepper.
4. Toss the salad mixture in the yogurt dressing and pile into the lettuce leaves. Garnish with the fresh mint sprigs.

Great with salads or in a sandwich with mayonnaise and sweetcorn.

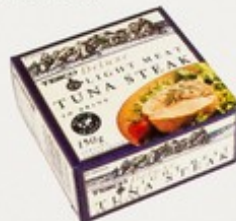


TESCO TUNA CHUNKS & TUNA STEAKS

are available in Oil and Brine varieties. Skipjack Tuna is specially selected from the waters of the Indian ocean. Great care is taken to ensure that only tender, succulent tuna is selected and prepared for you. Traditional fishing methods are used to ensure that other marine life such as dolphins are protected.

TESCO DELUXE TUNA STEAK

is specially selected for Tesco from catches found in the South Atlantic Seas around the Island of St. Helena. The Island's fishermen use traditional methods of fishing to catch the tuna which does not endanger dolphins. The islander's unique cooking process produces a much firmer and lighter steak for you to enjoy.



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