Tuna and Salad Wrap

Makes 1

Ingredients

- 1 wholegrain or wholemeal flat bread
- 1 x 95g can tuna in spring water
- 2 teaspoons mayonnaise
- 4 slices of cucumber
- ¼ cup carrot grated
- ½ 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
5. Roll up and wrap with grease proof paper.

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