

TUNA PITTA POCKETS

INGREDIENTS

4 pitta bread or tortilla wraps
tuna, drained
60ml (4 tbsp) mayonnaise

FILLING IDEAS

Choose 2 or 3

2 spring onions, chopped
½ red pepper, diced
1 green apple, sliced
1 stick celery, sliced
2 x 15ml (2 tbsp) fresh coriander
small piece diced cucumber
½ 400g (14oz) can of chick peas, drained

METHOD

- Place tuna in a bowl with mayonnaise and mash
- Prepare chosen filling ingredients as appropriate
- Mix the filling ingredients with the tuna
- Cut in half then prise open a pocket. Fill each pocket
- Eat straightaway or cool. wrap and chill