

ARCHIVED RECIPES

BREAD OF LOVE – BRAINY FOOD FOR YOUR KIDS (SERVES 4)**Ingredients:**

4 Gardenia Lite Meal Buns
1 tsp of olive oil
1 tbsp spring onions, finely chopped
½ tbsp shallots, finely chopped
25 gm of corn kernel
125 gm canned tuna in water, flaked
100 gm of avocado, cut into small cubes
40gm of cucumber, cut into small cubes
½ medium sized tomato, cut into small cubes
¼ tsp of salt
Black pepper, ground, to taste (optional)

**Cooking Method:**

1. Slice the top off the Gardenia Lite Meal buns and scoop out some bread in the centre to form a little casing.
2. Toast both buns and the tops until golden brown .Set aside.
3. Heat olive oil in a non stick pan and sauté spring onions and shallots till fragrant.
4. Add corn kernels, tuna and stir fry for 3 minutes, ensure the ingredients are well mixed. Remove from fire.
5. In a mixing bowl, mash avocado to form a paste, add above tuna mixture, cucumbers and tomatoes and mix well.
6. Add salt and ground black pepper to taste if desired.
7. Fill each bun casing with the prepared filling.
8. Serve immediately.

Tip: How to choose Avocados

- Gently squeeze the fruit in the palm of your hand. If the fruit feels firm but still yields to gentle pressure, it means that the fruit is ripe and ready to eat.
- Different varieties of avocados change in colours differently when ripen. Some will turn dark green or black, while some other varieties retain their light green skin.