

## ARCHIVED RECIPES

## HEALTHY TUNA HANDROLL (SERVES 4)

**Ingredients:**

4 slices of Gardenia Enriched Wholemeal White bread  
4 sheets of Nori seaweed, cut into squares of 9 cm by 9 cm  
160 g tuna, flaked  
3 halves of canned peaches, cut into small cubes  
50 g cucumber, cut into small cubes  
2 tbsps of dried cranberries, roughly chopped  
Salt, to taste  
Pepper, to taste  
Dressing  
1 tbsp of plain low fat yoghurt  
1 half of canned peach

You will also need: Toothpicks

**Cooking Method:**

1. Blend yoghurt and canned peach till smooth to make dressing, keep chilled until ready for use
2. Using a rolling pin, flatten bread evenly by ensuring that all 4 sides of bread are of even thickness. Thickness of bread should be around half of its original thickness.
3. Place cut seaweed square onto bread. Fold bread by making 2 adjacent sides of the bread meet and use a toothpick to secure both sides together to achieve the shape of a cone.
4. Toast the cone till crisp and golden brown. Set aside
5. Combine flaked tuna, peaches, cucumber and cranberries and mix well.
6. Add the peach dressing to the tuna mix and mix well.
7. Fill the toasted bread cones with the combined ingredients
8. Serve immediately

Tip: If you prefer a creamier and thicker consistency to your dressing, choose yoghurts which are naturally set as they tend to be thicker as compared to other yoghurts.