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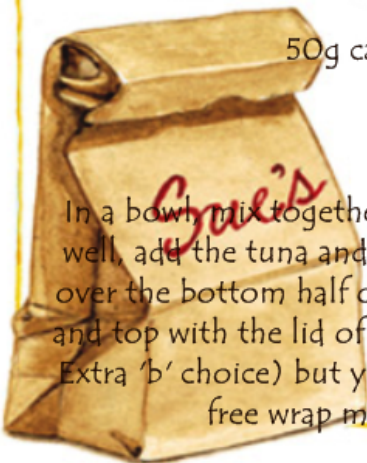
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Tuna marie-rose and cucumber

Serves: 1 Syns per serving: FREE
Add 6 Syns if not using Wholemeal roll as a Healthy Extra.



3 tbsp fat free natural fromage frais
1 tbsp finely chopped fresh dill, plus extra roughly chopped dill to garnish
1 tbsp tomato purée
1 tsp lemon juice
Salt and freshly ground black pepper
50g canned tuna in brine or water, drained and flaked
A few thin slices of cucumber
60g wholemeal roll



In a bowl, mix together the fromage frais, dill, tomato purée, and lemon juice. Season well, add the tuna and stir to mix well. Split a roll in half and place the cucumber slices over the bottom half of the roll. Spoon on the tuna mixture, garnish with the extra dill and top with the lid of the roll. Tip: We used a 60g wholemeal roll (6 Syns or a Healthy Extra 'b' choice) but you could also use two slices of wholemeal bread, crispbreads or a free wrap made of firm lettuce leaves, such as iceberg or romaine.

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