

TUNA MAYONNAISE ON A SODA BREAD TOAST WITH SALAD

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Preparation: 10 minutes **Cooking:** 40 minutes **Cost:** £0.70/portion **Serves:** 2



DRYSTORE

| | |
|--|-------------|
| 1 tin of tuna | £1.25/145gr |
| 100grs Mayonnaise | £0.39 |
| 1/2 pack of cherry tomatoes. | £0.45 |
| 1 baby gem | £0.43 |
| Dressing for salad (olive oil + vinegar) | £0.10 |
| 2 slices of soda bread (see recipes) | |

FOR THE SODA BREAD £1.10/loaf

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|----------------------------|--------------|
| 300grs strong flour | £0.90/kg |
| 200grs wholemeal flour | £0.73/kg |
| 1 tbsp bicarbonate of soda | £1.40/200g |
| 200ml milk | £0.48/l |
| 200ml water | |
| 2 pinch of salt | |
| 2tsp golden syrup | £0.20/100grs |
| 1 lemon juice | £0.30/each |

EQUIPMENT

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| 1 non-stick loaf tray |
| 2 mixing bowls |
| 1 fork |
| 1 toaster |

METHOD

Start by making the soda bread.
Turn the oven on at 180 degrees.

Mix all the dry together.

Mix in a separate bowl the milk, water and lemon juice. Wait 5 minutes until the milk curd.
Combine the liquid to the dry mixture and mix with a fork until it comes all together.

Oil and flour the non-stick loaf tray and transfer the dough into it.

Bake for 40 minutes.

When ready, remove the bread from the tin and leave on a rack to cool it down.

Open the tin of tuna, drain it and mix the tuna with the mayonnaise. Season with salt,
pepper and the remaining of lemon juice.

Wash the baby gem and cherry tomatoes. Quarter the cherry tomatoes and roughly chop
the baby gem. Season the salad with some olive oil and vinegar (balsamic or cider).

Slice two thick slices of soda bread and toast them.

Spread the tuna mix on the toast.

Serve with the salad.

Enjoy!

NOTES

You can use cucumber and spinach leaf to top up your salad.

One loaf of soda bread makes 10 slices, you can use the 8 slices left for later.



