

Tuna Pitta Melt



Ingredients

- 1 round Wholemeal Pitta Bread
- 80g tin of Tuna Chunks in Spring Water
 - 1 tbsp Mayonnaise
 - 1 Scallion
 - 1 ripe Tomato
- 25g Cheddar Cheese
 - Sea Salt
 - Black Pepper



Equipment

- Colander
- X1 Knife
 - Plate
- Chopping Board
- Can Opener
 - Toaster
 - X1 Bowl
 - X1 Spoon



STEP 1

- Toast your Pitta for 1 minute until puffed and allow to cool



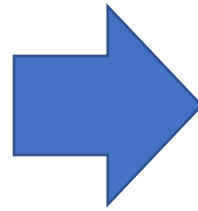
STEP 2

- Open the can of tuna with a can opener



STEP 3

Drain the brine from the tuna



STEP 4

- Add 1 tablespoon of mayonnaise to your bowl



STEP 5

- Add tuna to bowl and mix



STEP 6

- Season tuna with salt and pepper



STEP 7

- Wash the spring onion



STEP 8

Cut off the dark green part of the spring onion and bottom of the spring onion



STEP 9

Slice the spring onion



STEP 10

- Wash the tomatoes



STEP 11

- Slice the tomatoes



STEP 12

- Cut or slice the pitta with a knife or scissors



STEP 13

Gather your ingredients
and add the tomatoes
and spring onion to the
pitta



STEP 14

- Add your tuna to the pitta



STEP 15

- Add your cheese to the pitta



A photograph of a pita bread filled with meat, vegetables, and cheese, sitting on a plate inside a microwave oven. The microwave is a Sharp model, and the pita is the central focus of the image. The text 'STEP 16' is overlaid on the image in a white diamond shape.

STEP 16

Microwave the
pitta for 40
seconds or
until cheese is
melted

Final Step

- Enjoy your Tuna Melt !!

