



# Tuna Pitta Pockets (Serves 2)

5 Boroughs Partnership   
NHS Foundation Trust  
Community Health Services

## Ingredients

1 small tin of tuna in **spring water**  
Tin of sweet corn  
3-4 tbsp of low fat mayonnaise  
1 tbsp of fresh coriander (optional)  
Black pepper to season  
2 pitta breads/wholemeal wraps  
Lettuce  
Cucumber



## Equipment

Sieve  
Chopping board  
Knife

Mixing bowl  
Tablespoon  
Tin opener

Fork

## Method

1. Cut the pitta in half and open up to form a pocket and put aside.
2. Wash the lettuce, shred the lettuce and dice the cucumber and leave aside
3. Open the tins of tuna and sweet corn and using a sieve drain of the juices from the tins.
4. Put the tuna and sweet corn in a mixing bowl
5. Chop the coriander and add to the mixing bowl
6. Add the low fat mayonnaise to the bowl add a few shakes of black pepper and mix together with a fork
7. Spoon the mixture into the pockets
8. Add the lettuce and cucumber to finish

## Serving Suggestions/Tips

You can also use wholemeal wraps instead of pitta and add extra vegetables such as grated carrots, few cherry tomatoes and spring onions.