

Tuna and Sweetcorn

This is a simple sandwich filling.

This is an **English**¹ recipe.

Ingredients

2 small tins tuna in sunflower oil

200 g frozen sweetcorn

to taste **FAIRTRADE** freshly ground black pepper

100 ml mayonnaise

Method

Preparation

Put the sweetcorn in a bowl and cover with boiling water. Allow to stand for 2 minute and then drain off the water.

Add the tuna and mayonnaise and mix gently.

Chill for 30 minutes.

To serve

Use as a sandwich filling, or as a filling for jacket potatoes².

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²http://www.fairtradecookbook.org.uk/recipes/jacket_potatoes.htm