

Cruskits with Broad Beans, Tuna and Feta

No. of Serves: 1



Ingredients

- 1 cup frozen broad beans
- 95g can tuna in oil, drained
- 20g reduced fat feta
- Freshly cracked pepper
- 2 rye Cruskits

Nutrition Information (per serve)

Energy	1697kj (406 calories)
Protein	42g
Total Fat	17.1g
Carbohydrates	13.5g
Saturated Fat	1.3g
Sugars	1.3g
Dietary Fibre	13.5g
Sodium	503mg

Method

1. Bring a small pot of water to the boil. Add broad beans and cook for 4 minutes, then drain (can be cooked in microwave).
2. Peel cooled broad beans and roughly mash with a fork.
3. Place broad bean mix on each Cruskit, top with tuna and crumbled feta.
4. Season with freshly cracked pepper.