

Cheesy Tuna Toasts



Serves 4

Prep 10 mins

Cooking 10 mins

Easy

Ingredients

½ medium courgette, grated

1 small carrot, grated

60g cream cheese

1 (160g) tin tuna chunks in spring water, drained

4 slices bread

60g mild cheddar, grated

1. Squeeze out as much liquid as you can from the grated veg and put the dry veg in a bowl.
2. Add the cream cheese, some black pepper and the tuna. Mix with a fork, mashing to form a thick pâté. Cover and chill until needed (it keeps chilled for 2 days).
3. Lightly toast the bread on your toaster's lowest setting (don't add too much colour or it will burn on the next step). Spread a quarter of the tuna mix right to the edges of each piece of toast; sprinkle over some cheese.
4. If using an air fryer, place the toasts in the basket and cook at 200°C for 7-8 mins, until the cheese is melted and golden. Alternatively, preheat the grill to high, put the toasts on a rack and grill for 3 mins or until the cheese is bubbling. Serve with fresh chopped veggies, such as cherry tomatoes, carrot sticks and cucumber sticks, on the side.