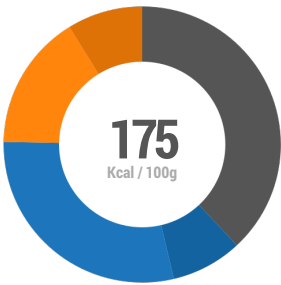


Tuna Dog with Wakame Seaweed Slaw and Gochujang Mayo



CALORIES:

37.3% Carbs

38% Protein

24.7% Fat

CONTAINS:

WHEAT

EGGS

MILK

FISH

SESAME

SOYA

MAY CONTAIN:

OATS, BARLEY, RYE

Recipe Ingredients ...	Quantity:	Description:
31711 Medium Tuna Suprêmes (skinless, boneless).. - BRAKES	155g	1x Each
109433 La Boulangerie Fully Baked Gourmet Brioche Hot Dog Rolls.. - BRAKES	90g	1x Each
134618 Chuka Wakame Sesame Seaweed..	30g	
128591 Pureety Classic Korean Gochujang Sauce.. - BRAKES	10g	0.01x Each
100347 Brakes Essentials Mayonnaise..	10g	
133874 Midland Pork Scratchings Pub Card..	5g	0.11x Each
10473 Spring Onions Bunch.. - BRAKES	5g	0.05x Each
114212 Chillies Red.. - BRAKES	2g	0.01x Each

1 Serving

Product code

Barcode

🕒 307g / 544kcal

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Preparation:

Defrost the tuna
Defrost the hot dog roll
Defrost the seaweed
Slice the spring onion
Slice the chilli

Method:

1. In a bowl whisk together the mayo and gochujang sauce.
2. In a pan over a high heat fry the tuna for 30 seconds each side, remove season and slice.
3. Slice the bun and spoon some of the sauce into it, add the sliced tuna.
4. Top the bun with the seaweed, spring onion and chilli.
5. Drizzle with the remaining sauce and garnish with pork scratchings - serve