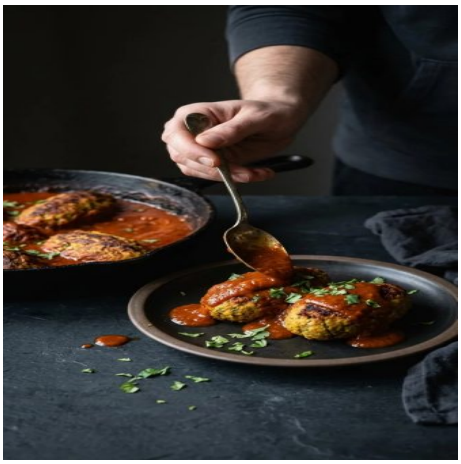
Tuna Salad Bagel: Toasted Lunch Sandwich

Flaked fish and crisp vegetables piled over a warm toasted base



PREP	COOK	TOTAL	SERVES	CALORIES
10 min	3 min	13 min	2 servings	420 kcal

Ingredients

- 160 g tuna in spring water, 1 can, thoroughly drained
- 45 ml mayonnaise
- 5 ml Dijon mustard
- 10 ml fresh lemon juice
- 30 g celery, finely diced
- 20 g spring onions, finely sliced
- 1 g fine sea salt
- 0.5 g freshly ground black pepper
- 2 plain or seeded bagels, split horizontally
- 2 romaine lettuce leaves, washed and dried
- 1 vine tomato, sliced into 0.5 cm rounds
- 1/2 small cucumber, thinly sliced into rounds

Instructions

1. Drain and press the tuna: Tip the canned tuna into a fine-mesh sieve set over a bowl or sink. Press down firmly against the fish using the back of a fork to expel all excess liquid. Thorough pressing prevents leftover packing water from weeping into your dressing and turning the salad runny.
2. Flake the fish: Transfer the pressed tuna into a medium mixing bowl. Break the meat apart gently with a fork until you achieve uniform, bite-sized flakes. Avoid mashing the fish into a paste so the salad retains distinct texture.

3. Mix the salad filling: Add the mayonnaise, Dijon mustard, fresh lemon juice, finely diced celery, sliced spring onions, fine sea salt, and black pepper to the bowl. Stir thoroughly until the dressing coats every flake evenly and the diced aromatics are distributed throughout. The mixture should hold together cleanly on the spoon.
4. Toast the bagel halves: Preheat your grill to 200°C (400°F) or set a wide-slot toaster to medium heat. Toast the split bagel halves for 2 to 3 minutes until the cut surfaces are pale golden brown and feel firm to the touch. Light toasting develops a crisp crust while preserving a soft, chewy crumb.
5. Lay the lettuce barrier: Place the bottom half of each toasted bagel cut-side up on a clean board or plate. Lay one dry romaine lettuce leaf flat across each toasted base. This leafy layer acts as an essential waterproof shield, preventing the moist filling from softening the toasted crust.
6. Mound the tuna filling: Divide the prepared tuna salad evenly between the two lined bagel bases. Spoon the filling directly into the centre and press it down slightly into a compact mound. Keeping the filling centred stops it from spilling over the sides when you bite into the sandwich.
7. Layer toppings and cap: Arrange the vine tomato slices and cucumber rounds evenly over the tuna mounds. Place the toasted bagel tops over the vegetables and press down very gently with your palm to seat the layers together securely without crushing the crumb.
8. Slice and serve: Cut each assembled bagel diagonally in half using a sharp serrated bread knife in gentle sawing motions. Slicing cleanly preserves the vegetable layers and prevents the tuna filling from squeezing out along the cut edge. Serve immediately while the bagel remains crisp.

Notes

What to serve with itServe this sandwich alongside a crisp green side salad tossed with a light lemon vinaigrette and a handful of lightly salted potato crisps. For a comforting meal, pair it with a warm bowl of creamy tomato soup or vegetable broth, accompanied by tangy dill pickle spears.

Making it aheadMix the tuna salad up to two days ahead and keep it stored in an airtight container in the fridge. Do not assemble the bagel in advance. Toast the bread and slice the tomato and cucumber immediately before serving to prevent the crumb from absorbing liquid and becoming soggy.