



Prep & Cook Time **5-10 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



5 Minute Lunch

Ciabatta Tuna Melt

no cooking required

In your box

5.2 oz. Yellowfin Tuna
½ oz. Baby Arugula
2 Ciabatta Rolls
1.68 oz. Mayonnaise
2 Cheddar Cheese Slices

If using fresh produce, thoroughly rinse and pat dry

Make the Sandwich

- Separate **ciabatta** halves. Place **cheese** on bottom ciabatta half. Toast until bread is warm and cheese is melted, 1-2 minutes.
- Combine **tuna** and **mayonnaise** in a bowl.
- Place tuna mixture on cheese and top with **arugula** and top ciabatta half. Bon appétit!

NUTRITION per serving Calories: 652, Carbohydrates: 43g, Fat: 39g, Protein: 31g, Sodium: 982mg.

CONTAINS milk, eggs, wheat, fish (tuna)

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.