

Classic Tuna Sandwich with a Crunch: Easy 15-Minute Recipe for Lunch

The Best Classic Tuna Sandwich with Crispy Vegetables: A 15-Minute Lunch Staple



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15 min

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INGREDIENTS

Swaps and Notes:

Bread: Swap the bread for pita pockets, croissants, or even serve the tuna mix on a large bed of fresh greens for a low-carb option.

Veggies: You can easily swap the carrot and cucumber for thinly sliced celery, diced red onion, or chopped bell peppers to change the flavor profile and crunch.

Mayonnaise Alternative: For a lighter option, substitute half of the mayonnaise with plain Greek yogurt or a creamy avocado mash.

Seasoning: Feel free to add a pinch of black pepper, a dash of hot sauce, or a sprinkle of dried dill to the tuna mixture for an extra layer of flavor.

DIRECTIONS

1. Following these simple steps will ensure you achieve the perfect creamy, crunchy sandwich every time.
2. **Step 1: Prep the Tuna Mixture:** In a medium bowl, combine the thoroughly drained tuna, the 3 tablespoons of mayonnaise, and the 1 teaspoon of fresh lemon juice. Use a fork to mix everything together, breaking up the tuna into flakes until the mixture is uniform and creamy. Taste and adjust the lemon juice or mayo as needed.
3. **Step 2: Prepare the Vegetables:** Grate one carrot and set it aside. Slice the cucumber into thin rounds. Having the vegetables prepped and ready is crucial for a fast assembly.
4. **Step 3: Assemble the Sandwich Base:** Lay out four slices of bread. Place 1-2 lettuce leaves on each of these slices. The lettuce acts as a barrier, preventing the creamy tuna mixture from making the bread soggy too quickly.
5. **Step 4: Layer the Filling:** Generously spread the tuna mixture evenly over the lettuce-lined slices of bread. Next, gently top the tuna mixture with the grated carrot and cucumber slices, distributing them across the surface.
6. **Step 5: Close and Serve:** Close each sandwich with a second slice of bread and cut diagonally.

SWAPS & NOTES

Canned Tuna 2 cans, drained Use tuna packed in water or oil, just ensure it is completely drained.

Whole Slices of Bread 8 slices Sourdough, whole wheat, or white bread all work well.

Mayonnaise 3 tablespoons Use your favorite brand-full-fat is recommended for the best flavor.

Lemon Juice 1 teaspoon Freshly squeezed is always best for maximum brightness.

TIPS FOR SUCCESS

Drain the Tuna Completely: This is the most crucial step!

Excess liquid (whether oil or water) will make your sandwich mushy.

Press the tuna firmly in a sieve or use paper towels to remove as much moisture as possible before mixing.

Toast the Bread (Optional): Lightly toasting the bread adds an extra layer of crispness and acts as a better barrier against the creamy filling, making the sandwich hold up longer.

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