**SHARP AND SAVOURY TUNA WAFFLES**

What can you do to help? Will you stir the waffle batter, or measure the ingredients? Don’t forget – waffle makers get very hot!

**INGREDIENTS**
- 125g plain flour
- 125g cornmeal (coarse or fine polenta works well)
- 2tsp baking powder
- 2tsp salt
- 2tsp sugar, you can use honey or maple syrup if you like
- 4 eggs
- 200g plain yogurt
- 65ml neutral oil (e.g. vegetable oil)
- 200g grated mature cheddar
- 120g spinach leaves
- 2 x 300g tins MSC tuna
- 100g aioli/mayonnaise

**PREP TIME:**
15 min

**COOK TIME:**
15 min

**TOTAL TIME:**
30 min

**SERVES:**
- 4-6 for breakfast, brunch, lunch, or a light dinner

Tuna are really fast swimmers! They have special fins on their backs to help them speed through the ocean.

A spin by Chef Chardolor

**Cornmeal Cheddar Waffle Sammy**
INSTRUCTIONS

1. Preheat the waffle maker.

2. To make the waffle batter, combine the first 5 dry ingredients in a large bowl and set aside. In a smaller bowl, whisk eggs, yogurt and oil. Pour the wet ingredients into the dry and mix gently until just combined.

3. To make the tuna mixture: Combine the tuna and aioli and set aside until you have prepared the waffles.

4. To make the waffles: scoop a small amount of batter, around 75g onto the preheated waffle iron. Sprinkle a small amount of the tuna mixture over the batter, top generously with some grated cheese and a small handful of spinach leaves. Place another small scoop of batter on top (this time about 2 tablespoons).

5. Cook until golden brown.

6. Transfer cooked waffles to a cooling rack and serve warm.

7. Can be cut in half for a fast casual snack to go, or served alongside some crunchy vegetables such as carrots, celery and baby tomatoes.

Using MSC tuna in this recipe means the fish was caught in a way that still looks after the creatures in the ocean.