

SHARP AND SAVOURY TUNA WAFFLES

A spin by Chef Chardolor
Cornmeal Cheddar Waffle Sammy



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



PREP TIME:

15 min

COOK TIME:

15 min

TOTAL TIME:

30 min

SERVES:

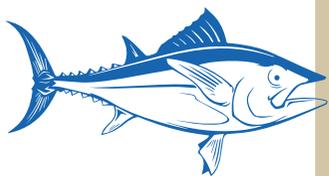
4-6 for breakfast, brunch, lunch, or a light dinner

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

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





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.

