THE LIGHTER PLATE METHOD

Tuna & Cottage Cheese Pâté

A five-minute pâté that turns a tin of tuna into a proper snack on toast.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**4**	**EASY**

Ingredients

- 1 x 145g tin tuna in water (drained)
- 2 tbsp cottage cheese (or ricotta)
- 1 handful fresh herbs (chopped)
- 1 pinch black pepper

Method

1. Drain the tuna well and place in a bowl.
2. Mix in the cottage cheese and herbs until well combined.
3. Season with pepper, then refrigerate for 20 minutes to firm up before serving on wholegrain toast.

Tips & swaps

- Any soft herb works — chives, dill and parsley are all good.

Storage & reheating

Keeps in the fridge for 2 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
110	**18g**	**2g**	**3g**	**0g**

Estimated values, for guidance only. Contains: Fish, Milk.