

Kolay Ton Balıklı Sandviç

Easy Turkish tuna sandwich recipe ready in 10 minutes. Healthy, protein-rich meal with simple ingredients. Perfect for quick lunch or dinner.

10 min

HAZIRLIK

5 min

PIRME

15 min

TOPLAM

4

PORSİYON

Easy

ZORLUK

Kolay Ton Balıklı Sandviç

Malzemeler

- 350 g tuna fish
- 1 cup mayonnaise
- 1 cup red onion
- 2 tsp fresh lemon juice
- 1 tsp oregano
- 1 tsp salt
- 1 tsp black pepper
- 4 slice bread
- 4 slice kashari cheese
- 1 avocado
- 1 tomato

Yapılışı

- Prepare the tuna**
Drain 350g of tuna and flake it into bite-sized pieces using a fork in a medium mixing bowl.
- Add 1 cup mayonnaise and 1 cup chopped celery to the flaked tuna.
- Add 2 teaspoons lemon juice, 1 teaspoon Dijon mustard, 1 teaspoon dried dill, and 1 teaspoon black pepper to the bowl.
- Mix all ingredients gently with a spoon until evenly combined, about 1 minute.
- Taste and adjust seasoning with additional salt and pepper if needed.
- Assemble the sandwiches**
Toast 4 slices of bread in a toaster or dry skillet over medium heat for 1-2 minutes per side until golden brown.
- Divide the tuna mixture evenly among the 4 toasted bread slices, using about 1/4 of the mixture per slice.
- Top each sandwich with 4 slices of tomato and 1 lettuce leaf.
- Serve immediately while the toast is still warm.

?puçlar?

Always drain canned tuna thoroughly and gently press with paper towels to remove excess moisture, preventing soggy sandwiches.

Dice vegetables uniformly for even distribution and better texture in every bite.

Chill the tuna mixture for at least 30 minutes before serving to allow flavors to meld together.

Toast bread lightly and let it cool before assembly to maintain crispness without melting any dairy components.

Add fresh herbs just before serving to preserve their bright color and maximum flavor impact.

For meal prep, store tuna mixture and bread separately, assembling sandwiches just before eating.

Season with salt and pepper gradually, tasting as you go, since canned tuna and pickles already contribute saltiness.

Use a fork to flake tuna into uniform pieces rather than mashing completely for better texture.