

## Tuna and cucumber pate

### Ingredients

1/2 cucumber

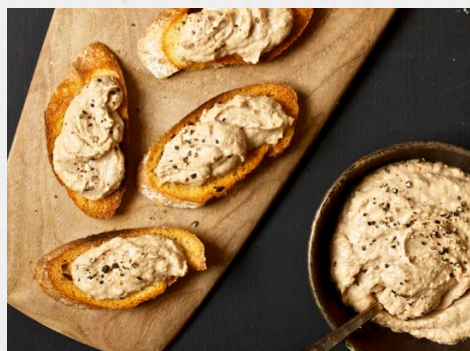
200g (7oz) tinned tuna, drained (look out for MSC or RSPCA logo on tin for sustainably sourced tuna)

115g (3 1/2oz) cream cheese

50g (2oz) fresh breadcrumbs

2 tbsp lime juice

Salt + pepper



Peel and deseed the cucumber, then chop roughly.

Using a hand-blender or food processor, blend the cucumber with the drained tuna, cream cheese, breadcrumbs\* and lime juice. Add a little pepper and salt to taste and blend until smooth.

Place in fridge to chill for 30 minutes. Spread on fresh bread and enjoy!

\*Tip for making fresh breadcrumbs: keep stale bread rather than throwing it out, and cut into small squares with a sharp knife. Blend briefly to make into breadcrumbs that taste amazing and don't cost anything extra.

