**Grilled Tuna fish sandwich**

Prep time: 5 min Cook time: 5 min

**Ingredients:**

* 1 can white tuna (packed in water), drained
* 2 tbsp thick curd or Greek yogurt
* 2 tbsp finely chopped onion
* 2 tsp fresh lemon juice
* 1 pinch dried oregano
* Salt and pepper to taste (low sodium salt)
* 4 slices 100% whole wheat or sourdough bread
* 1 slice cheese (optional)
* 1 tbsp olive oil

**Instructions:**

1. Prepare the filling: In a medium bowl, mix drained tuna, thick curd (or Greek yogurt), chopped onion, lemon juice, and oregano. Season with salt and pepper to taste.
2. Assemble the sandwich: Take two slices of bread and spread the tuna mixture evenly on one side. Add half a slice of cheese (if using), then cover with another slice of bread.
3. Grill the sandwich: Heat olive oil in a pan over medium-low heat. Add the sandwich and cook until the bottom bread is golden brown.
4. Flip and cook on the other side until the bread is toasted and crispy, and the cheese (if used) is slightly melted.
5. Serve hot!