



Nutritional Information



Energy

Cost of  
Total  
servings

Cost Per  
serving

Total servings



300 kcal

\$3.40

\$1.70

Per serving



150 kcal

## Ingredients

- 2 slices wholemeal bread
- 2 tbsp tuna curry, canned
- 1 capsicum for beak and comb
- 2 slices mozzarella cheese, cut into round-shape for face
- 1 nori sheet to cut out eyes and mouth

## Method

- Preheat oven to 180°C.
- Using a big round mould cutter to cut the bread slices.
- Cut out the capsicum in the shape of the comb and beak.
- Use a slightly smaller round mould cutter to cut the cheese slices.
- Spread the curry tuna on the bread, then place the round sliced cheese in the middle, and the capsicum on top.
- Toast the bread until the cheese is melted.
- Remove the bread from toasted/oven and let cool before placing the cut out seaweed as eyes. Serve.

