

# Tuna Melt Toastie

By [Ashley Alexander](#)



Here's my ultimate herb-filled tuna toastie packed full of fillings. If you prefer less filling, feel free to divide it between two sandwiches. If you're making this for more than one person, just increase the amounts based on the number of sandwiches you'll be making. I've used a Red Leicester sharp cheddar (hence the colour), but feel free to add your favourite cheddar. Also, use thick sourdough bread for the best results.

**SERVES 1 | TOTAL TIME** 15 minutes

## INGREDIENTS

- 2 slices sourdough bread
- 1 tablespoon salted butter, soft enough to spread
- 90g canned tuna, drained well
- 1 tablespoon whole egg mayonnaise
- 1/2 teaspoon Dijon mustard
- 1-2 tablespoons red onion, finely chopped
- Freshly cracked black pepper, to taste
- Zest of 1 small lemon
- Small handful fresh parsley and chives, finely chopped
- Small handful of grated sharp cheddar cheese (I've used a Red Leicester)

## METHOD

1. In a small bowl, combine tuna, mayo, Dijon mustard, red onion, herbs, lemon zest, and black pepper. Mash with a fork until well mixed.
2. Spread softened butter on one side of each slice of sourdough bread, then turn them over, so the butter is on the outside.
3. Now spread the tuna mixture evenly onto one slice of bread, covering to the edges.
4. Sprinkle the grated cheddar cheese onto the other slice of bread.
5. Carefully place the two slices of bread together to form a sandwich.
6. Heat a small frying pan over medium heat.
7. Once hot, place the sandwich in the pan, buttered side down.
8. Cook until the bottom is golden brown and crispy.
9. Flip the sandwich and cook until the other side is golden brown and the cheese is melted.
10. Remove from the pan and let it cool slightly.
11. Slice the sandwich in half and serve hot.

## NOTES

To ensure proper melting of the cheese, allow the sandwich to cook over medium heat until both sides are golden brown and the cheese is melted.

Keep an eye on the sandwich while frying to prevent burning. Adjust the heat as needed to ensure the bread doesn't cook too quickly.

Sourdough bread adds great flavour and texture, as well as holding up to the substantial filling, but you can use any bread of your choice. For a gluten-free option, use gluten-free bread.

Taste the tuna mixture before assembling the sandwich and adjust the seasoning if needed. Add more salt or pepper to suit your taste preferences.

I like to use a sharp cheddar cheese in a tuna melt; I love the tangy flavour and contrast it provides. But feel free to use your favourite cheese if you prefer.

This sandwich is best enjoyed fresh, but you can prepare the tuna mixture in advance and store it in an airtight container in the refrigerator for up to 2 days.



**Find the recipe and watch the video online:**

*<https://www.gatherandfeast.com/tuna-melt-toastie>*

Let me know if you make the recipe! x **@gatherandfeast**