

# Match of the Day Kickabout Bruschetta Bites

Recovery



## You will need

- Full of lean protein
- Tuna is a good source of Omega-3 and iron
- The carbohydrates in the bruschetta will restore energy

- ✓ 1 Tin tuna, drained
- ✓ 10 Cherry tomatoes, halved
- ✓ ½ Onion, diced
- ✓ 1 Teaspoon olive oil
- ✓ 1 Ciabatta roll or similar
- ✓ 1 Clove of garlic, peeled
- ✓ A pinch of salt and pepper

## Instructions

### Step 1

Cut the ciabatta roll in half and lightly toast.

### Step 2

Cut each half into 4 pieces.

### Step 3

Take 4 halves of tomato and rub over each piece of toast.

makes 8 bruschetta bites

**Top Tip:** If you don't like tuna, you can replace it with cooked salmon or mackerel.

#### Step 4

Repeat with the garlic clove.

#### Step 5

In a bowl, mix the tuna, the remaining tomatoes, the olive oil, onion, salt and pepper.

#### Step 6

Divide the mixture between the pieces of toast.