



HIGH-PROTEIN MEALS

Crispy Tuna Melt

Tuna melt with 48 g of protein.

🕒 25 min

🍴 Serves 2

🔥 675 kcal per serving

🌿 High-protein

12 min
PREP

12 min
COOK

25 min
TOTAL

Easy
LEVEL

🔪 YOU'LL NEED

Large cast-iron or nonstick skillet

Glass mixing bowl

Fork

Spatula

Serrated knife

Cutting board

NUTRITION PER SERVING

ESTIMATED

675
KCAL

48g
PROTEIN

56g
CARBS

29g
FAT

Estimated: the sum of USDA FoodData Central values for each ingredient, divided by 2 servings.

Ingredients

FOR 2 SERVINGS

INGREDIENT	METRIC	IMPERIAL	NOTE
☐ Canned light tuna in water, drained	225 g	8 oz	drained weight: about two 5 oz (142 g) cans; a 5 oz can drains to roughly 4 oz (113 g), brands vary
☐ Plain nonfat Greek yogurt	85 g	3 oz	about ⅓ cup
☐ Mayonnaise	15 ml	1 tbsp	
☐ Dijon or yellow mustard	5 ml	1 tsp	
☐ Celery, finely diced	40 g	1.4 oz	1 medium stalk
☐ Red onion, finely diced	20 g	0.7 oz	about 2 tbsp
☐ Sharp cheddar, shredded	85 g	3 oz	30 g (1 oz) for the filling, 55 g (2 oz) for the sandwiches



INGREDIENT	METRIC	IMPERIAL	NOTE
☐ Sourdough bread	4 slices (200 g)	4 slices (7 oz)	about 50 g / 1.75 oz per slice, from a bakery loaf
☐ Salted butter, softened	15 ml	1 tbsp	14 g, for the outside of the bread
☐ Salt and black pepper	to taste	to taste	taste first: the tuna, cheese and bread are already salty

Method 7 STEPS · 25 MIN

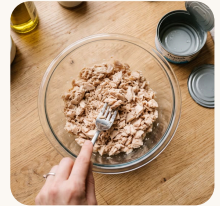
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STEP 1 · Drain the tuna

Drain the tuna very well, pressing the lid down to squeeze out the water, then flake it into a mixing bowl with a fork.

 Glass mixing bowl

 2 min



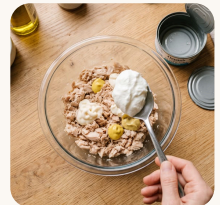
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STEP 2 · Make it creamy

Add the Greek yogurt, mayonnaise and mustard and stir until the tuna is evenly coated.

 Glass mixing bowl

 1 min



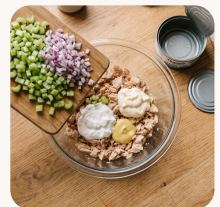
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STEP 3 · Add the crunch

Stir in the celery and red onion. Taste, then season with black pepper and a little salt only if it needs it.

 Glass mixing bowl

 1 min



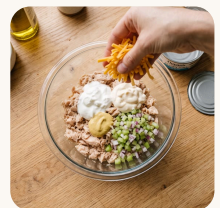
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STEP 4 · Fold in cheddar

Fold in **30 g (1 oz)** of the shredded cheddar. Keep the filling in the fridge until you cook.

 Glass mixing bowl

 1 min



5

STEP 5 · Build the sandwiches

Take the filling out of the fridge. Butter one side of each bread slice thinly. Lay 2 slices butter side down, spread half the filling on each, top with the remaining **55 g (2 oz)** of cheddar and close with the other slices, butter side up.

 Cutting board

 3 min

6

STEP 6 · Toast until golden

Heat a large skillet over **medium-low heat**. Cook the sandwiches **4–5 minutes** with a lid on the pan, pressing gently with a spatula, then flip and cook **4–5 minutes** uncovered, until the bread is deep golden and crisp and the cheese has melted. If the bread browns before the cheese melts, turn the heat down.

🔥 Medium-low

🍳 Large cast-iron or nonstick skillet

⌚ 10–12 min



7

STEP 7 · Slice and serve

Rest the sandwiches for **1 minute**, then cut each one in half with a serrated knife and serve hot.

🍴 Cutting board, serrated knife

⌚ 1 min



Good to know

⚠️ FOOD SAFETY

- Canned tuna is already cooked, so the filling only needs to warm through in the skillet.
- Keep the filling cold, in the fridge at **4 °C / 40 °F** or below, until you assemble. Do not leave it out for more than **2 hours (1 hour above 32 °C / 90 °F)**.

❤️ ALLERGENS

Contains: Fish, Milk, Egg, Wheat.

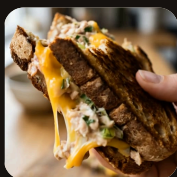
Check the labels of what you buy: brands differ.

📦 STORAGE

Best eaten straight away, while the bread is crisp. Leftover filling (not yet toasted) keeps up to 3 days in a closed container in the fridge at 4 °C / 40 °F or below; toast it fresh.

💡 TIPS

- Drain the tuna really well: wet tuna makes the bread soggy instead of crisp.
- Keep the heat at medium-low: the bread turns golden at the same time the cheese melts. Too hot and it burns before the middle is warm.

**ENJOY**

Save this for your next high-protein lunch

More easy recipes, free: getcrisped.com ·

[@getcrisped](#) on YouTube, Instagram and TikTok

Nutrition values are estimates from standard reference data, not lab measurements.

