

Eat Well Sandwich



Ingredients

Choose at least one from each of the following:

Carbohydrate – Bread (rolls or sliced white/brown/seeded), baguette or wrap.

Protein – meat (ham/cooked chicken/beef), fish (tinned tuna/salmon/prawns), hard-boiled egg, pulses.

Fat – cheese (cheddar/Brie/Halloumi), butter/spread, mayonnaise, dressing.

Vitamins – salad (lettuce/ cucumber/tomato), vegetables (carrot/beetroot).

Method

Wash, peel and chop/grate any vegetables.

Slice roll/baguette (if using) in half horizontally.

Spread the bread with butter/spread or mayonnaise (if using).

Arrange layers of your proteins, cheese and salad vegetables according to taste on one piece of bread and then top with the other piece to form a sandwich. Try to use a variety of colours, textures and tastes to add interest.

Slice in half vertically to expose the inside of the sandwich and serve.

If using a wrap, arrange your ingredients in the central area of the wrap. Fold up the two ends opposite each other, turn 90° and then roll to form a parcel. Slice in half vertically to expose the inside of the wrap and serve.

