

Nutritious & Delicious Sandwich Recipes



Hot-Smoked Salmon, Beetroot & Avocado Sandwich

N.B. This is a closed sandwich

Ingredients (serves 2)

4 medium slices dark grainy bread
100g hot-smoked salmon fillets, broken into chunks
100g ripe avocado, stoned and peeled
Juice ½ lemon
100g cooked beetroot, diced
1 tbsp low fat crème fraîche
1 tbsp hot horseradish sauce
1 small onion, very thinly sliced
2 tbsp chopped dill

Method

1. Mash the avocado with half the lemon juice and season well.
2. Spread the avocado over each slice of toast, then sprinkle over the beetroot and flake the salmon on top.
3. In a small bowl, mix the crème fraîche with the horseradish, season and mix well to combine.
4. Drizzle over the avocado & salmon.
5. Finish with a few onion slices and some chopped dill.

Key Nutrients

Portion	282g	100g	
Calories	455 (kcal)	161 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	19.8g	7.0g	Med
Saturates	4.0g	1.4g	Low
Sugars	10.2g	3.6g	Low
Salt	1.8g	0.6g	Med
Protein	22.4g	4.1g	-

Allergen Info: Wheat, Rye, Barley, Oats, Milk, Fish, Sulphur Dioxide, Eggs, Mustard