

Nutritious & Delicious Sandwich Recipes



Poached Salmon, Watercress, Cucumber & Mint Raita on Wholemeal

Ingredients (serves 1)

2 Thick slices of Wholemeal bread
100g Fresh Salmon, skinless & boneless
15g Watercress
30g Cucumber
1 Tbls Bio-yoghurt (low fat)
Few Mint leaves
Salt & Pepper

Method

1. Poach the salmon and allow to cool and flake.
2. Make the cucumber and mint Raita.
3. Lightly butter both slices of the bread with the Raita.
4. Top one half with the flaked salmon.
5. Add the watercress
6. Close the sandwich with the other slice.

Key Nutrients

Portion	304g	100g	
Calories	483 (kcal)	159 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	15.2g	5.0g	Med
Saturates	2.8g	0.9g	Low
Sugars	5.3g	1.8g	Low
Salt	2.10g	0.70g	Med
Protein	34.5g	11.4g	-

Allergen Info: Wheat, Fish, Milk