

## Nutritious & Delicious Sandwich Recipes



### Prawn Cocktail Sub

#### Ingredients (serves 2)

2 wholemeal sub rolls  
100g cooked and peeled prawns, drained  
25g light mayonnaise  
1 tsp tomato ketchup  
good splash of Tabasco sauce  
½ little gem lettuce, shredded and washed  
50g chunk of cucumber, finely sliced  
75g avocado, peeled, stoned and pureed  
juice of ½ lemon  
small handful of cress

#### Method

1. Mix the mayonnaise and ketchup together.
2. Add the Tabasco and some seasoning, and stir through the prawns.
3. Slice the rolls.
4. Mix the avocado with a little lemon juice and spread on to one half.
5. Layer on the cucumber & cress.
6. Spoon over the prawns and squeeze a little more lemon juice.
7. Top with the remaining half.

#### Key Nutrients

Portion	272g	100g	
Calories	<b>441 (kcal)</b>	<b>162 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	14.6g	5.5g	Med
Saturates	2.7g	1.0g	Low
Sugars	5.0g	1.9g	Low
Salt	2.8g	1.0g	Med
Protein	22.2g	8.3g	-

**Allergen Info: Wheat, Crustaceans, Eggs, Mustard, Celery**