

## Nutritious & Delicious Sandwich Recipes



### Smoked Trout, Watercress & Cucumber Sandwich

N.B this is a closed sandwich

#### Ingredients (serves 2)

4 thick slices granary bread  
125g pack skinless hot-smoked trout fillets  
125g (½ a 250g tub) Quark  
½-1 tsp horseradish sauce, dependant on taste  
squeeze lemon juice  
low fat mayonnaise  
¼ cucumber, sliced  
25g watercress, washed and dried

#### Method

1. Flake the fish into a large bowl, then stir in the quark and horseradish sauce to taste.
2. Season with black pepper and a squeeze of lemon juice.
3. Thinly spread the mayonnaise on each slice, then spread the smoked trout mixture and top with the cucumber and watercress.
4. Place the other slice on top.

#### Key Nutrients

| Portion   | 288g              | 100g              |     |
|-----------|-------------------|-------------------|-----|
| Calories  | <b>429 (kcal)</b> | <b>149 (kcal)</b> |     |
| Nutrients | Per Serving       | Per Serving       |     |
| Fat       | 9.1g              | 3.2g              | Med |
| Saturates | 1.8g              | 0.6g              | Low |
| Sugars    | 6.6g              | 2.3g              | Low |
| Salt      | 2.0g              | 0.7g              | Med |
| Protein   | 33.8g             | 11.7g             | -   |

**Allergen Info: Wheat, Fish, Eggs, Mustard, Milk, Sulphur Dioxide**