

## Nutritious & Delicious Sandwich Recipes



### Vegetarian 'Club' Sandwich

#### Ingredients (serves 1)

- 3 slices wholegrain or rye bread
- 2 tbsp ready-made hummus, low fat
- 70g avocado, stoned and sliced
- 1 handful rocket leaves
- 1 large plum tomatoes, sliced

#### Method

1. Toast the bread and spread hummus evenly over one side of each slice.
2. On one slice of bread, lay half the avocado, rocket and tomato.
3. Season with pepper, then cover with another slice.
4. Pile on the rest of the avocado, rocket and tomato, season again and top with the third slice.

#### Key Nutrients

Portion	320g	100g	
Calories	<b>473 (kcal)</b>	<b>148 (kcal)</b>	
Nutrients	Per Serving	Per Serving	
Fat	18.7g	5.8g	Med
Saturates	3.4g	1.1g	Low
Sugars	6.6g	2.1g	Low
Salt	2.1g	0.7g	Med
Protein	16.8g	5.2g	-

**Allergen Info: Rye, Barley, Oats, Wheat, Sesame**