

Beefed up sarnies

Add a colourful grated salad to a roast beef sandwich to provide extra fibre and vitamins to your diet.

Serves: 4 adults

Preparation time: 15 mins

Cooking time: 0 mins

Ingredients:

- 1 carrot grated
- 1 cooked beetroot (vacuum packed) grated
- ½ small red onion thinly sliced
- 2 tsp vinegar
- 8 slices wholemeal bread
- 8 tsp reduced fat mayonnaise
- 1 handful mixed salad leaves
- 4 slices lean roast beef (fat trimmed off)
- 1 pinch ground black pepper

What to do:

1. In a bowl, mix together the carrot, beetroot and red onion with the vinegar. Season with black pepper.
2. Spread each slice of bread with 1 tsp mayonnaise, then top 4 of them with the lettuce leaves and the roast beef. Share the salad between them, then sandwich together with the remaining slices of bread. Cut in half and serve at once, or wrap and keep cool to serve later.

Tip 1: Another time, use lean roast pork or ham instead of beef.

Tip 2: For a vegetarian version, omit the beef and the mayonnaise, and use 80g of reduced fat hummus for spreading onto the slices of bread.

Tip 3: Use a couple of finely sliced spring onions instead of red onion, if you prefer.

Nutritional information:

Per adult portion (i.e. ¼ recipe)

1100kJ / 263kcal

18g protein

35g carbohydrate of which 6g sugars

6.5g fat of which 1g saturates

4g fibre

478mg sodium equivalent to 1.1g salt

