

Fresh for Kids®

Lettuce, egg & ham club sandwich



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Preparation: 10 minutes
Cooking: 3 minutes
Serves: 2

This sandwich is great served cold. It's important to wedge the tomato between the sliced ham and egg to prevent the toast from becoming soggy.

Olive oil or canola cooking spray
50 grams of thinly sliced lean ham
2 eggs
4 slices multigrain or hi-fibre white bread
2 tbs reduced fat mayonnaise
2 small Iceberg lettuce leaves
4 slices tomato
Salt and ground black pepper

1. Heat a large non-stick frying pan over medium heat. Lightly grease with oil spray. Crack eggs into pan and cook for 3 minutes (for soft yolks) or until just cooked to your liking (place a lid on the pan if you prefer firm eggs). Transfer eggs to a plate lined with a paper towel.
2. Meanwhile, toast bread. Place onto a board and lightly spread with mayonnaise. Top 2 slices of toast with the lettuce, sliced lean ham, tomato and eggs. Season with salt and pepper. Top remaining bread, cut in half and secure each half with a toothpick if liked and serve.

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