

Fresh for Kids®

Ploughman's sandwich



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Preparation: 10 minutes

Serves: 1

This hearty sandwich is great for older kids.

2 thick slices wholemeal or wholegrain bread
Butter or margarine, for spreading
2 tsp fruit chutney
1 slice reduced fat tasty cheese
4-5 slices Lebanese cucumber
2 slices ripe tomato
2 thin slices roast beef
1 small Iceberg lettuce leaf
Snow pea sprouts (optional)

1. Place bread onto a board and lightly spread with butter or margarine.
2. Spread one piece of bread with fruit chutney. Top the other slice of bread with the cheese, cucumber, tomato, beef and lettuce. Arrange a few snow pea sprouts on top if liked. Top with remaining bread spread with fruit chutney. Cut in half and serve.

For fresh fruit and vegetable recipes visit
www.freshforkids.com.au.



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