

Prawn & Marie-rose sandwich, salad & crisps

(Serves 1)

Ingredients

- 1/2 tbsp Mayonnaise, light (Hellman's)
- 1/2 tbsp Tomato ketchup, reduced sugar & salt
- 40g Prawns, small, Ready cooked
- 30g Sweet leaf salad
- 1 in Cucumber, sliced & quartered
- 30g Peppers, baby, sweet, chopped
- 80g Tomatoes, cherry, whole
- 2 x 800g Slices Hovis wholemeal bread, medium
- 1 tsp Mayonnaise, light (Hellman's)
- 25g bag Crisps, Sunbites, sweet chilli (Walkers)

Preparation

1. Mix the 1/2 tbsp mayonnaise & ketchup together in a bowl. Add prawns.
2. Scatter the sweet leaf salad on a plate, along with cucumber, peppers & tomatoes.
3. Spread the prawns in between the bread. Cut into triangles.
4. Place sandwich on the plate with the salad.
5. Squeeze an additional 1tsp mayonnaise at side of salad.
6. Add crisps.
7. Serve.

TOP TIP: If you are not bothered about the crisps, you can double the amount of prawns, mayonnaise & ketchup to make a really chunky sandwich!

NUTRITIONAL VALUES PER SERVING

Calories 398

Total Sugars 12.65g

Total Fats 10.9g

Saturated Fats 1.47g

Salt 1.85g

Fruit & Veg 2