

Egg & cress sandwich with mixed salad

(Serves 1)

Ingredients

- 2 Eggs, medium
- 20g Mixed salad leaves, finely diced
- 1 inch piece Cucumber, finely diced
- 40g Peppers, baby, sweet, finely diced
- 1 tbsp Salad cream (Heinz 30% reduced fat)
- 15g Cress, trimmed & washed
- Pinch Black pepper
- 2 x 800g Slices Hovis wholemeal bread, medium
- 50g Tomatoes, cherry, halved
- 1 tsp Salad cream (Heinz 30% reduced fat)

Preparation

1. Boil eggs for 10 minutes. Drain & leave to cool. Shell.
2. Mix salad leaves, cucumber & baby peppers.
3. Chop eggs in a small bowl & mix with the 1 tbsp of salad cream.
4. Mix in cress & black pepper.
5. Spread mix on 1 slice of the bread & lay other on top. Cut into triangles.
6. Serve sandwich with mixed salad, tomatoes & the other 1 tsp of salad cream as a dressing.

TOP TIP: You can't beat salad cream for taste in this classic British sandwich. If you are not overly hungry, just use 1 egg instead of 2 as it is very filling!

NUTRITIONAL VALUES PER SERVING

Calories 397

Total Sugars 10.05g

Total Fats 14.65g

Saturated Fats 3.75g

Salt 1.3g

Fruit & Veg 2