

Mackerel with red pesto & salad sandwich thin

(Serves 1)

Ingredients

- 1 Warburton's brown sandwich thin
- 2 tsps Pesto, red (Sacla roasted pepper)
- 1/2 x 110g tin Mackerel fillets (John West, grilled)
- Handful Mixed salad leaves
- 2 in piece Cucumber, sliced
- 100g Tomatoes, cherry, whole

Preparation

1. Separate the sandwich thin into 2 halves.
2. Spread 1 tsp pesto onto each half.
3. Put mackerel fillets into a small dish & mash with a fork.
4. Spread the fillets over one half of the sandwich thin.
5. Top with salad leaves & cucumber. Cover with other half.
6. Press sandwich thin together gently.
7. Serve sandwich thin with cherry tomatoes on the side.

NUTRITIONAL VALUES PER SERVING

Calories 287

Total Sugars 6.49g

Total Fats 12.76g

Saturated Fats 2.53g

Salt 1.24g

Fruit & Veg 2