

SANDWICH SUSHI



**MAKES 6 SMALL
PIECES**

INGREDIENTS

- 2 slices wholemeal bread,
• crusts removed
- 2 tablespoons vegetable-based
dip (e.g. hummus, beetroot,
pumpkin)
- 1 small tin sandwich tuna
- 1/2 Lebanese cucumber,
• cut into strips
- 1/4 avocado, cut into strips

METHOD

1. Flatten bread with a rolling pin
2. Spread dip over each slice of bread
3. Arrange tuna on bread, leaving a 2cm strip on one edge that is free of filling
4. Top with avocado and cucumber strip at the opposite end to the 2cm strip
5. Roll up firmly to enclose filling
6. Cut each sandwich into 3 rounds

For more protein, try replacing the tuna with chicken, egg, or roast beef!