



Sandwich Sushi

Prep: 5 minutes

Serves: 1

Portion size: 120 g



INGREDIENTS

2 slices (2 x 30 g) of white bread, crusts removed
4 Tbsp (24 g) cream cheese or cheddar cheese spread

A quarter red pepper (30 g), deseeded, thinly sliced

A quarter carrot (20 g), peeled and thinly sliced

Sweet chilli sauce, to serve

Cheese wedges, to serve

Raisins, to serve

Fruit, to serve



METHOD

1. Place the bread on a clean, flat surface. Using a rolling pin, flatten the bread slightly.
2. Spread the cheese spread evenly over the bread slices, leaving a 2 cm border along 1 edge.
3. Top with red pepper and carrot strips.
4. Roll up to enclose filling and slice each roll into thirds. Serve with sweet chili sauce.

Nutrition Facts

Serving size: 120 g

Energy (kJ)	931
Protein (g)	6.4
Total Carbohydrates (g)	30.5
Fat (g)	8.2
Calcium (mg)	36

Using cream cheese



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