

Roast Beef and Relish Sandwich

Makes 1 sandwich (4 quarters) or 1 wrap

Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels.
- 80g cooked roast beef, trimmed
- 1 teaspoon tomato relish
- 2 large slices of tomato
- ½ cup rocket
- 1 slice (20g) reduced fat cheese

Method

1. Spread relish over bread or wrap.
2. Top with roast beef, tomato, rocket and cheese.

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines.



NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 259g		
	Per serve	Per 100g
Kilojoules (kJ)	1460	564
Protein (g)	39.1	15.1
Total fat (g)	7.9	3.0
- Saturated fat (g)	3.3	1.3
Carbohydrates (g)	27.7	10.7
- Sugars (g)	4.4	1.7
Fibre (g)	4.4	1.7
Sodium (mg)	471	182