

Lunchbox Laughter

Inside Out Sandwiches



Sandwiches are a lunch box staple and it can become easy to fall into a dull routine when it comes to preparing them each day. These 'sandwiches' offer something a little different and are sure to add a little interest to your child's lunch box!

Cracking Chicken

Ingredients

- 1 chicken breast (grilled and sliced)
- 2 large iceberg lettuce leaves
- 1 teaspoon light Caesar dressing
- 1 slice bread
- 1 teaspoon olive oil

Equipment

Grill and grill pan, knife, chopping board, frying pan, cocktail stick and hob

Method

1. Remove the crusts from the bread and cut into small cubes, fry in a little olive oil until crispy
2. Mix the chicken breast, croutons and Caesar dressing
3. Place one lettuce leaf on top of the other and spoon the chicken and croutons on to the centre of the top leaf
4. Fold the top of the leaves down and fold the sides inwards to cover the filling
5. Secure with a cocktail stick and wrap well

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
277	MEDIUM	LOW	LOW	LOW
Kcal	8.4	1.6	0.7	0.4

Rocking Rice

Ingredients

- 2 heaped tablespoons of cooked rice
- 2 large iceberg lettuce leaves
- 1 spring onion (sliced)
- 1 teaspoon lemon juice
- ¼ pepper
- 2 teaspoons olive oil
- 2 cherry tomatoes (seeds removed and chopped)
- Two basil leaves (roughly chopped)

Equipment

Chopping board, knife, saucepan, hob, cocktail stick

Method

1. Mix the rice, spring onion, tomatoes, lemon juice and basil together
2. Place one lettuce leaf on top of the other and spoon the rice mixture on to the centre of the top leaf
3. Fold the top of the leaves down and fold the sides inwards to cover the filling
4. Secure with a cocktail stick and wrap well

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
172	MEDIUM	MEDIUM	LOW	LOW
Kcal	10.7	1.6	0.7	0.4