

Snacky Stuff

Sushi Sandwiches



Maki

Ingredients (Serves 1)

- 1 slice white bread
- 1 spring onion
- 2 strips of avocado (around 1cm thick)
- 2 strips of pepper (around 1cm thick)
- 1 teaspoon marmite

Equipment

Table knife, sharp knife, chopping board

Method

1. Remove the crusts from the bread and trim into a square shape
2. Flatten the bread slightly using your hand and cover around the left side of the slice with marmite
3. Trim the spring onion to the same length of the slice of bread and lay down the centre of the marmite
4. Place the pepper and avocado next to the spring onion to create a long strip of pepper at one side of the spring onion and a long strip of avocado at the other
5. Beginning at the left hand side of the slice, roll the bread around the avocado, spring onion and pepper to create a long sausage shaped roll of bread with the filling in the centre
6. Trim off any excess bread and using a sharp knife cut the roll into 3cm thick rounds to resemble sushi rolls
7. If necessary, use a cocktail stick to secure the rolls

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
101	MEDIUM	LOW	LOW	MEDIUM
Kcal	4.4	0.9	2	0.83

Oshi (Serves 1)

Ingredients

- 1 slice white bread
- 1 teaspoon pickle or chutney
- 20g reduced fat cheddar cheese
- 1 or 2 chive leaves

Equipment

Knife, chopping board

Method

1. Remove the crusts from the bread and trim into a square shape
2. Flatten the bread slightly using your hand and slice in half vertically
3. Cover one half of the slice in pickle or chutney and cover with the other half. Top with a little more pickle or chutney
4. Cut into three equal sized pieces
5. Slice the cheese to 0.5cm thick slices the same size as each piece
6. Top each piece with a slice of cheese
7. Use the chive leaves to create a pattern on top of the cheese

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
103	MEDIUM	MEDIUM	LOW	MEDIUM
Kcal	3.6	2.1	0.7	0.67