



Sandwich sushi

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Sometimes a normal sandwich just isn't going to cut it so mix it up a little by flattening out sandwich bread to look like a piece of sushi seaweed. Any filling can be used or try some of the different ideas listed below. You can secure with a toothpick or if you pack them standing up in small container they will stay together perfectly. All sandwich examples are Green except ham which is Amber

Traffic light category: Green /Amber Serves: 6 pieces

Ingredients

- 2 slices wholemeal bread, crusts removed

Vegetable filling

- ½ small avocado, thinly sliced
- 1 iceberg lettuce leaf, finely sliced
- ½ red capsicum, finely sliced

Tuna and celery filling

- 180g can tuna in springwater, drained, flaked
- ½ celery stalk, finely chopped
- 1 tablespoon reduced fat mayonnaise

Chicken and corn filling

- ½ cup finely chopped cooked chicken
- 125g can creamed corn
- 1 tablespoon finely chopped chives

Ham and avocado filling

- 2 slices lean ham
- 4 slices avocado
- 1 tablespoon cream cheese
- ½ cup spinach leaves

Method

1. Place bread onto a flat surface. Use a rolling pin to flatten bread slightly. Spread with your choice of filling
2. Roll up to enclose filling. Cut each piece of rolled bread into 3 rounds so it resembles sushi
3. Wrap all sandwiches in plastic wrap. Store in the fridge until ready to pack into lunch boxes.



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