



Turkey Club Sandwich

Serves 1 (contains approximately 370 kcal)

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Ingredients

2 slices of wholemeal bread
1 teaspoon mayonnaise (5g)
½ teaspoon Dijon mustard (2.5g)
1 ripe tomato
100g cooked turkey slices
25g baby salad leaves

salt (optional) and freshly ground
black pepper

Method

Spread the two slices of bread lightly with the mayonnaise followed by the mustard.

Using a serrated or sharp bread knife, cut the tomato into thin slices and arrange on top of one of the pieces of bread. Season lightly with salt (optional) and pepper to taste. Cover with the turkey and then cover with a mound of the baby salad leaves on top.

Put the other slice of bread on top and cut the sandwich on the diagonal.

Put the turkey club sandwich on a plate to serve.