



COME ON

LET'S
**DO
THIS**

Fat

LOW

Saturates

LOW

Sugar

LOW

Salt

MED

per 100g

Portions
fruit & veg
per serving

1

Salmon sandwich filler

For more tasty recipes with a healthy boost, visit
lets-dothis.org.uk

Recipe includes a
healthy boost

Serves 4 | prep 15 mins | cook 0 mins

Salmon sandwich filler

Pack in the veggies with this simple sandwich filling, each roll contains a **healthy boost** of one portion of vegetables. The yoghurt and mayonnaise dressing makes the salmon so moist you don't need to butter the rolls.

Ingredients

- 1 x 213g tin salmon, drained
- Good pinch pepper
- Juice half a lemon
- 2 tsp reduced fat mayonnaise
- 2 tbsp 0% fat Greek style yoghurt
- 8 little gem lettuce leaves
- 4 Wholemeal rolls.

Healthy boost ingredients

- 1 x 80g red onion, finely chopped
- 1 x 120g green pepper, finely chopped
- 1 x 80g tomato, chopped
- 80g (6cm) cucumber, finely diced.

Top tips

- This makes a perfect topping for baked potato or sweet potato. Or try rolling it up into a wholemeal tortilla.

Method

1. Add the salmon to a bowl with all the chopped vegetables
2. Add the pinch of pepper, lemon juice, mayonnaise and yoghurt and mix well
3. Place lettuce on 4 wholemeal rolls and divide the salmon between them.



Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
255	6g	1.8g	5.8g	1.1g
11%	9%	9%	6%	18%

%= an adult's reference intake

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