



Sandwich sushi



Makes 6 pieces

Ingredients

- 2 slices wholemeal bread, crusts removed
- 2 tablespoons vegetable based dip (e.g. hummus, beetroot, pumpkin)
- 1 small tin sandwich tuna
- ½ Lebanese cucumber cut into strips
- ¼ avocado cut into strips



Method

1. Flatten bread with a rolling pin
2. Spread dip over each slice of bread
3. Arrange tuna on bread leaving a 2cm strip on one edge that is free of filling
4. Top with an avocado and cucumber strip at the opposite end to the 2cm strip
5. Roll up firmly to enclose filling
6. Cut each sandwich into 3 rounds

Optional

Alternative fillings can include shredded chicken, capsicum strips, asparagus, creamed corn, cream cheese