

食譜

Recipes



Sandwich Sushi Roll

Ingredients:

Wholemeal sandwich bread	2 slices
Canned tuna in spring water	30 g
Egg	1 piece
Carrot	½ piece
Cucumber	½ piece
Seaweed for sushi (original flavour)	1 piece

(Serves about 2 persons)



Seasoning:

Reduced-fat mayonnaise	1 tablespoon
------------------------	--------------

Method:

1. Wash the cucumber and carrot. Shred and set aside.
2. Drain the canned tuna. Mix it with reduced-fat mayonnaise. Set aside.
3. Beat the egg and make an omelette. Slice and set aside.
4. Remove the crust of the wholemeal sandwich bread. Spread a thin layer of mayonnaise on it. Place the side with mayonnaise against the seaweed.
5. Spread the tuna paste on the sandwich bread. Put the shredded cucumbers, carrots and sliced omelette onto the bread. Roll the bread slice and serve.



Nutrition Tips

1. Wholemeal bread contains more dietary fibre than white rice and makes you feel fuller.
2. Seaweed is rich in iodine, which helps to maintain normal thyroid functions and promotes growth.
3. Choose low-fat ingredients, e.g. tuna in spring water and reduced-fat mayonnaise.