



MEDITERRANEAN SALMON SANDWICH

Prep. Time: 5 mins

Utensils Required: can opener, board, knife, sharp knife

Ingredients:

- ½ cup chickpeas
- ½ cup mixed herbs like basil, mint, parsley and coriander
- 1 garlic clove, crushed
- 1 tsp cumin powder
- 4 pieces Burgen Multigrain Bread
- 180g of canned red salmon (in Springwater or Brine)
- ¼ red onion, sliced
- ½ tomato, sliced
- 1 dill pickle, sliced
- 4 lettuce leaves, mixed
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Method:

Place the first four ingredients into a food processor and blitz until smooth.

Place the four pieces of bread on a board and scrape with evenly with the chickpea paste. Now top with half the salmon on each then the remainder of the ingredients. Put the lid on the sandwich and cut in half on the diagonal.

Nutritional Information:

Ingredient	Calories	Carb	Protein	Fat	Sodium (mg)
180g canned red	311	0	34.9	19	680

salmon					
¼ red onion	7	1.1	0.4	0	0
4 lettuce leaves	5	0.3	0.5	0.1	13.7
½ cup chick peas	99	12.3	5.9	2	231.3
½ cup herbs	4	0.3	0.3	0	3.8
1 garlic clove	4	0.3	0.2	0.1	0.2
1 tsp ground cumin	8	0.6	0.3	0.4	2.9
½ tomato	13.5	1.8	0.8	0.1	6
1 dill pickle	4	0.5	0.2	0	273.5
4 pieces Burgen multigrain	382	57.9	17.1	6.3	637.4
TOTAL	837.5	75.1	60.6	28	1848.8

Table is for 2 servings

Per serve:

Calories – 418.8

Carb – 37.6

Protein – 30.3

Fat – 14

Sodium – 924.4