



Soifua Maloloina Corned Silverside Sandwich

Method

1. Spread reduced fat spread onto bread.
2. Top with sweet pickle, silverside slices, cheese, lettuce, carrot, tomato and cucumber.
3. Place top slice onto sandwich and cut into triangles.
4. Wrap in gladwrap and prepare in lunchboxes for school or work, next to an icepack or frozen waterbottle.

Recipe Information

Number of Serves: 6

Preparation Time: 15mins

Ingredients

12 slices multigrain bread
1 tbs reduced fat spread
2 tbs sweet mustard pickle
6 slices Soifua Maloloina
corned silverside*
6 slices reduced fat cheese
6 lettuce leaves, shredded
1 carrot, grated
2 tomatoes, sliced
½ cucumber, sliced
*see our corned silverside
recipe

Soifua Maloloina tips:

- You can add other salad to the sandwich.
- Corned silverside is available at supermarkets or butchers. It costs about \$4-6/kg compared to pisupo, which can cost up to \$15/kg. Also, it's much better for you than pisupo or povi masima. If you don't have any left-over silverside, you can buy sliced silverside from the deli section of the supermarket.
- You can replace the sweet pickles with mustard.

