



Recipe Information

Preparation Time: 10mins

Cooking Time: 5mins

Bread

Wholemeal or multigrain bread
Wholemeal or multigrain wrap
Wholemeal pita bread

Lean meat (choose 1)

Lean shaved ham
Shredded chicken
Sliced turkey
Sliced roast beef or silverside
Canned tuna in springwater

Cheese (choose 1)

Reduced fat sliced cheese
Reduced fat grated cheese

Salad (choose 3 or more)

Tomato, sliced
Capsicum, sliced (red or green)
Onion, thinly sliced
Carrot, grated
Cucumber, sliced
Lettuce, shredded
Avocado, sliced
Mushrooms, thinly sliced
Sprouts
Tinned pineapple pieces, drained

Spread (choose 1)

Mustard
Reduced-fat mayonnaise
Chutney

Soifua Maloloina Toasties

Method

1. Turn on toasted sandwich press.
2. Choose a type of bread.
3. Choose a lean meat/tuna and place on bread base.
4. Top with reduced-fat cheese and 3 or more salad toppings.
5. Using a knife, spread mustard, mayonnaise or chutney on top slice of bread or on side of wrap or pita bread.
6. Place bread top on sandwich or carefully roll the wrap or pita and place on preheated sandwich press.
7. Cook for 5 minutes or until heated through and the cheese has melted.



Sandwich press

Soifua Maloloina tips:

- You can use wholemeal breadrolls, English muffins or tortillas too
- Use any left-over lean meat and vegetables you have at home
- Fill the toastie with as many vegies as you can fit – the more colours the better!

