



SUPER SALMON AND BEETROOT SANDWICH

ReFuel Spring 2019

Courtesy of: Ali Redman



Ingredients:

- 2 slices of fresh whole grain or wholemeal bread
- ¼ avocado
- 3-4 beetroot slices (canned or fresh)
- 1 small tin pink salmon with bones (drained)
- Handful baby spinach leaves
- Pepper to taste

Method:

1. Spread avocado across two slices of bread
2. Layer baby spinach on top of the avocado
3. With a fork spread salmon (drained) evenly across one slice of bread
4. Place beetroot slices on top of spinach layer
5. Add another layer of baby spinach
6. Grind pepper on top to taste

Nutrition Information

Makes 1 serve/sandwich.

Nutrient	Per serve
Energy	2196 kJ
Protein	26 g
Fat	22 g
Saturated Fat	3 g
Carbohydrate	26 g
Fibre	13 g

HOT TIPS



These ingredients are a heart-healthy, anti-inflammatory combination rich in protein, fibre, healthy fats, and calcium.