

Soft cheese and salad sandwich recipe

A quick and easy sandwich to provide some dairy in your child's lunchbox. This would work well with an apple and a fruit teacake.

Prep: 10 mins

Ingredients

- 2 thick slices of wholemeal bread
- 2 tablespoons medium-fat soft cheese
- 3cm piece of cucumber, finely chopped
- 20g celery (about two-thirds of a stick), finely chopped
- small wedge of lettuce, to give 2 tablespoons when shredded
- pinch of black pepper or paprika, optional

Complete your lunchbox with:

- an apple
- fruit teacake
- small bottle of water

Method

1. Spread both slices of bread with the cheese.

Information:

Spreading the cheese on both slices of the bread – and patting the salad dry – helps prevent a soggy sandwich!

2. Pat the salad dry and use to fill the sandwich, sprinkling with pepper or paprika if using.

Information:

Try other salad vegetables, or even some pineapple.

