

Lesson 7

Food- & Nutritious Delicious



RECIPE

Fishy Sandwich Rolls

AIM

The purpose of this activity is to show pupils how to create a delicious and nutritious snack, encouraging pupils to incorporate fish into their diet.

YOU WILL NEED

- 4 slices of bread (brown or white)
- Cream Cheese
- Smoked Salmon
- A Packed of Crisps
- Cocktail sticks

METHOD

- 1 Cut the crusts off the bread and roll it flat with a rolling pin. Spread with cream cheese.
- 2 Place pieces of smoked salmon on top, sprinkle with the crushed crisps and then roll the bread up into a little Swiss roll.
- 3 Put a cocktail stick through the roll and place on a serving plate.
- 4 Garnish with some parsley and surround your rolls with the remaining crisps.