



SANDWICHES AND WRAPS



Traffic light category: **Green/Amber**

Fillings for sandwiches

- Curried egg
- Turkey, cranberry & avocado
- Tuna mayonnaise & chives
- Hummus & antipasto vegetables

Fillings for wraps

- Chicken with nut free pesto
- Smoked salmon with lemon dill, capers & reduced fat cream cheese
- Hummus & antipasto vegetables
- Tuna mayonnaise & chives

Fillings for open sandwiches

- Curried egg with parsley
- Turkey, cranberry & avocado
- Hummus & antipasto vegetables
- Reduced fat cottage cheese with
• diced vegetables
- Ricotta with peas & mint

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CURRIED EGG SANDWICH



Traffic light category: **Amber** Serves: 18

Ingredients

- 4 hard boiled eggs
- $\frac{1}{4}$ cup reduced fat mayonnaise
- 2 tsp curry powder (or to taste)
- 2 tbsp chopped parsley
- 2 slices wholemeal or multigrain bread

Method

1. Peel and mash eggs, mayonnaise and curry powder until light and fluffy
2. Stir parsley through and spread onto bread to make six sandwiches
3. Cut off crusts and cut into thirds to make 18 fingers.

Add rocket, mustard cress, alfalfa or finely shredded lettuce for taste.
No need to butter the bread

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TURKEY, CRANBERRY & AVOCADO



Traffic light category: **Amber** Serves: 18

Ingredients

- 12 slices high fibre white bread
- 6 slices of roast turkey
- $\frac{1}{4}$ cup cranberry sauce
- 1 avocado
- 1 tsp lemon juice

Method

1. Peel and mash the avocado with the lemon juice
2. Spread one slice of bread with cranberry sauce and another slice with avocado mix. Repeat for other slices of bread.
3. Hummus & antipasto vegetables
4. Place turkey on top of cranberry sauce and top with other slice of bread to make 6 rounds.
5. Cut off crusts and cut into thirds to make 18 fingers.

Don't add too much avocado or fingers will be difficult to cut.

Sprinkle avocado with extra sharp parmesan cheese and a very small amount of coarse black pepper for contrasting taste.
No need to butter the bread.

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CREAM CHEESE & CHIVE TUNA SANDWICH



Traffic light category: **Green** Serves: 18

Ingredients

- 12 slices wholemeal bread
- 300g tuna in spring water, well drained
- 2 tablespoons Greek yoghurt
- 1 tablespoon Light Philadelphia cheese
- 2 tablespoons chives

Method

1. Combine sour cream and Light Philadelphia until smooth
2. Add chives and tuna, spread onto bread to make six rounds
3. Cut off crusts and cut into thirds to make 18 fingers.

Add lettuce leaves, finely diced red capsicum, corn kernels and baby peas for colour and taste.

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SMOKED SALMON & HERBED CHEESE PINWHEELS



Traffic light category: **Amber** Serves: 8-10 pinwheels

Ingredients

- 150g reduced fat cream cheese
- 1½ tablespoons dill leaves, finely chopped
- 1½ tablespoons chives, finely chopped
- ¼ lemon, rind finely grated, juiced
- 2 tablespoons capers, roughly chopped
- 250g sliced smoked salmon
- 2 pieces Mountain Bread
- Plastic Wrap

Method

1. Combine reduced fat cream cheese, lemon juice, dill, chives and capers in a bowl until smooth
2. Spread evenly over Mountain Bread
3. Layer with smoked salmon and roll tightly, wrapping firmly in several layers of plastic wrap
4. Refrigerate for at least 2 hours
5. Cut into 8-10 pinwheels using very sharp knife, only removing plastic wrap to serve
6. Use a pair of small sharp scissors to cut plastic wrap away if necessary.

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CHICKEN & PESTO PINWHEELS



Traffic light category: Green Serves: 16-20 pinwheels

Ingredients

- 2 slices of Mountain Bread
- 80g reduced fat cream cheese or cottage cheese
- Nut free pesto
- 250g diced cooked chicken breast
- $\frac{1}{2}$ cup of pine nuts
- $\frac{1}{2}$ cup basil leaves, torn
- Extra sharp parmesan cheese
- Plastic wrap

Method

1. Cover each piece of bread with pesto. Cover with cream cheese then chopped chicken, pressing down firmly into pesto to make it 'stick'. Sprinkle with parmesan cheese
2. At one short end of the bread make a line of pine nuts about 3cm from the edge, using half of the pine nuts. Press pine nuts into the bread to make them 'stick'
3. Roll tightly from the end with the pine nuts taking care to preserve the 'line' so it forms a centre of nuts in the pinwheel
4. Wrap tightly in plastic wrap with several layers, allow to set in the fridge for at least one hour
5. When set, leave the plastic wrap on the roll and cut into 8-10 equal portions with a very sharp knife.
6. Remove the plastic wrap carefully from each wheel

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HUMMUS & ROAST VEGETABLES ANTIPASTO PINWHEELS



Traffic light category: **Green** Serves: 16-20 pinwheels

Ingredients

- 1 red capsicum
- $\frac{1}{2}$ small eggplant
- $\frac{1}{2}$ small zucchini cut into strips
- $\frac{1}{2}$ small red onion, roughly/chunkly chopped
- $\frac{1}{2}$ cup chopped sundried tomato
- $\frac{1}{2}$ cup marinated artichoke
- 1 tablespoon olive oil
- 1 clove of garlic crushed
- $\frac{1}{2}$ cup chopped kalamata olives
- Ground black pepper
- $\frac{1}{2}$ cup hummus
- 125g feta, cubed
- 2 Mountain Bread
- Plastic Wrap

Method

1. Roast whole capsicum in the oven until skin is blackened. Allow to cool. Fill a large bowl with cold water and immerse each capsicum into the water and gently rub blackened skin off. Remove the insides and all the seeds. Allow to drain, and pat dry with kitchen towel. Cut into strips
2. Layer eggplant, zucchini and onion onto baking paper on an oven tray, season lightly with black pepper. Drizzle with oil and crushed garlic. Roast on medium heat for 20 mins or until browned and caramelised. Allow to cool
3. Spread each Mountain Bread with hummus and layer with capsicum, eggplant, zucchini, onion, olives, artichoke, feta and sundried tomato. Sprinkle with black pepper.
4. Roll and wrap in several layers of plastic wrap, refrigerate to set for at least one hour
5. When set, leave the plastic wrap on the roll and cut into 8-10 equal portions with a very sharp knife. Remove the plastic wrap carefully from each wheel and serve

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MINI OPEN SANDWICHES



Traffic light category: **Green/Amber** Serves: 50

Ingredients

- Sliced egg on reduced fat mayonnaise, drizzle lightly with sweet chilli sauce and garnish with parsley
- Curried egg, garnish with parsley
- Avocado, turkey and cranberry
- Reduced fat cottage cheese, cherry tomato, watercress, and sprinkle with toasted sunflower and sesame seeds.
- Smoked salmon & herbed cheese

Method

1. Place cut French bread on platter
2. Arrange toppings attractively and garnish where possible.

- Cut French stick on angle for larger slices or straighter for bite sized portions
- You can use bread free alternatives such as cucumber rounds to build open sandwiches
- Bread stick rounds can be toasted in the oven on low temp until crunchy to make grissini.
- Can be brushed with olive oil and garlic for garlic toasted grissini and served with hot or cold toppings.

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