

BÜRGEN® RECIPES

Baked ricotta and artichoke sandwich

Ingredients:

- 2 slices Burgen Soy-Lin® Bread
- 40 grams baked ricotta cheese slices
- 4 preserved artichoke quarters, sliced
- sliced tomato
- fresh basil
- rocket

Preparation:

Layer baked ricotta, artichoke, tomato on top of 1 slice of Burgen. Sprinkle over basil leaves, rocket and top with other slice of Burgen.



Nutrition Information per serve

Energy	1080kJ
Protein	18.4g
Fat, total	9.1g
- Saturated	3.0g
CHO	22.8g
- Sugar	3.6g
Dietary Fibre	5.1g
Sodium	399mg