

# BÜRGEN® RECIPES

---

## Roast Pumpkin, Fetta and Spinach Sandwich

### Ingredients:

- 2 slices Burgen Soy-Lin® Bread
- oven roasted pumpkin chunks
- 30 grams sliced fetta cheese
- 1 tbsp finely chopped mint
- cherry tomatoes - quartered
- baby spinach leaves

### Preparation:

Top 1 slice of bread with roasted pumpkin, fetta cheese slices, mint and cherry tomatoes. Top with spinach leaves and other slice of bread.



### Nutrition Information per serve

Energy	1030kJ
Protein	18.2g
Fat, total	8.6g
- Saturated	5.6g
CHO	21.4g
- Sugar	3.4g
Dietary Fibre	5.0g
Sodium	560mg