

Mediterranean Style Sandwich



Ingredients:

- 2 slices Bürgen® Wholegrains and Oats Bread
- 50g cooked sliced eggplant, roughly chopped (can use anti-pasto style eggplant available at the Deli)
- ½ small avocado, mashed
- Pine nuts, roughly chopped
- Semi sun-dried tomatoes
- Baby spinach leaves

Preparation:

Preparation time: 5 minutes

Serves: 1

1. In a bowl mix avocado and pine nuts together until well combined.
2. Roughly chop eggplant
3. On 1 slice of bread place avocado mixture, eggplant, sun-dried tomatoes and spinach leaves. Top with remaining slice of bread, cut in half and serve immediately.

Nutrition information per serve

Energy	1060kJ
Protein	10.7g
Fat, total	10.8g
- Saturated	2.0g
Carbohydrate	24.3g
- Sugars	4.5g
Dietary Fibre	8.7g
Sodium	345mg