



Eggplant, Sundried Tomato & Rocket Toasted Sandwich

Take time-out in your day to enjoy a taste of the Mediterranean with this healthy combination of char grilled eggplant, sundried tomatoes, rocket leaves and the wholesome grains and seeds of Bürgen® Wholemeal & Seeds Bread.

Ingredients:

2 slices Bürgen® Wholemeal & Seeds Bread
50g char grilled eggplant
Sundried tomatoes
Rocket leaves

Preparation:

Preparation time: 10 minutes; Serves 1.

1. Grill eggplant until golden brown. Place eggplant on absorbent paper. Stand for 3 minutes then roughly chop.
2. Top 1 slice of bread with eggplant, sundried tomato and rocket. Cover with remaining bread.
3. Grill for 3 minutes. Cut into triangles to serve.

+ Foods that are high in protein and fibre help keep you fuller for longer. This recipe contains 25% of your Daily Intake for protein and 34% of your Daily Intake for fibre.*
*% Daily Intake is based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Average Nutritional Information per serve	
Energy	936 kJ
Protein	12.8 g
Fat	6.5 g
- Saturated Fat	0.7 g
- Trans Fat	Less than 0.1 g
- Monounsaturated Fat	2.4 g
- Polyunsaturated Fat	3.4 g
Carbohydrate	23.1 g
Sugars	6.5 g
Fibre	10.3 g
Sodium	581 mg