

# BÜRGEN® RECIPES

## Mango and Prawn Sandwich

### Ingredients:

- 2 slices Burgen® Wholemeal & Seeds Bread
- 1 mango, diced
- 60g light cream cheese, softened
- 2 tsp coriander, chopped
- 1 tbsp mango chutney
- 8 medium cooked prawns, peeled

### Preparation:

Preparation time: minutes

Serves: 2

1. In a bowl combine cream cheese, coriander and chutney. Toast bread until golden brown. Spoon over cream cheese mixture and top with mango and prawns.



### Nutrition Information Per serve

Energy	1490kJ
Protein	21.2g
Fat, total	12.7g
- Saturated	5.7g
CHO	35.0g
- Sugar	18.5g
Dietary Fibre	7.2g
Sodium	575mg