



Prawn & Avocado Melt

This sandwich recipe is not only indulgent but also good for you. With prawns, avocado, mushrooms and sundried tomatoes layered on a bed of Bürgen® Pumpkin Seeds Bread and topped with melted light tasty cheese – this delicious sandwich is a true favourite.

Ingredients:

2 slices Bürgen® Pumpkin Seeds Bread
 Avocado, mashed
 4 medium cooked prawns
 Sliced button mushrooms
 Sun-dried tomatoes
 30g grated light tasty cheese

Preparation:

Preparation time: 10 minutes; Serves 1.

1. Toast bread in a toaster until golden brown, spread both slices with avocado.
2. Place prawns, mushrooms and sun-dried tomatoes onto the bread and top with grated cheese.
3. Place topped bread under pre-heated grill for 1-2 minutes, or until cheese is melted. Slice and serve immediately.

- + Foods that are high in protein and fibre help keep you fuller for longer. This recipe contains 49% of your Daily Intake for protein and 25% of your Daily Intake for fibre.*
 *% Daily Intake is based on an average adult.

Average Nutritional Information per serve	
Energy	1403 kJ
Protein	24.5 g
Fat	12.3 g
Saturated Fat	3.0 g
Carbohydrate	27.7 g
Sugars	4.8 g
Fibre	7.5 g
Sodium	990 mg