



Tuna, Tomato, Feta & Rocket Sandwich

Packed with protein and heart healthy Omega 3 fats, this tasty sandwich delivers the freshness of tomato, tuna, rocket and feta cheese on a delicious, grainy base of Bürgen® Pumpkin Seeds Bread with every bite!

Ingredients:

2 slices Bürgen® Pumpkin Seeds Bread
1 small can tuna in spring water, drained
Sliced tomato
Rocket leaves
15g reduced fat feta cheese

Preparation:

Preparation time: 5 minutes; Serves 1.

1. Place tuna, tomato, rocket and feta onto 1 slice of bread. Place other slice of bread on top, cut in half and serve immediately.

- + With heart healthy Omega 3 fats.
- + Contains 75% of your Daily Intake for protein.*
*% Daily Intakes are 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	1480 kJ
Protein	37.7 g
Fat	11.1 g
Saturated Fat	4.4 g
Omega 3	0.55 g
Carbohydrate	22.3 g
Sugars	1.8 g
Fibre	5.6 g
Sodium	560 mg