

Salad Sandwich

- 2 slices of bread
- 1 tablespoons of butter (spreadable)
- 3 Lettuce leaves
- 4 tomato slices
- 6 slices of cucumber
- finely cut red onion
- 1 small carrot grated
- salt and pepper















optional – deli meat of your choice and cheese

pre prepare ingredients by slicing salad items before assembling sandwich

Method

1. spread butter onto bread
2. use one slice of bread to build your sandwich upon
3. place the lettuce on the bread
4. place the sliced tomato on the bread
5. place the sliced cucumber on the bread
6. place the sliced onion onto the bread
7. add the grated carrot on top
8. shake salt and pepper over the top and place the second piece of bread on top

| Ingredients | What I will need |
|---|--|
|  bread |  knife & board |
|  butter | |
|  lettuce |  grater |
|  tomato | |
|  cucumber |  butter knife |
|  onion | |
|  carrot |  plate |
|  salt & pepper | |

Sausage rolls












- 2 sheets puff pastry
- 500g mince
- 1 onion chopped finely
- 1 carrot grated
- 1 Zucchini grated
- Tomato or BBQ sauce
- Salt and paper



Pre prepare ingredients by chopping and grating vegetable beforehand. Preheat oven to 180 degrees.

Method

1. place mince into a mixing bowl
2. place chopped onion, carrot and zucchini into the bowl
3. add 2 tablespoons of tomato or BBQ sauce
4. add salt and pepper and mix all ingredients together
5. lay pastry sheets on a clean damp tea towel
6. spoon mince and vegetable mixture onto the edge of the pastry to form a log
7. roll mince into the pastry sheets to form two logs
8. cut each log into three even pieces
9. place on a tray lined with baking paper and bake in the oven until pastry has risen and is golden in colour
10. remove from oven allow to cool, top with tomato or BBQ sauce

| Ingredients | What will I need |
|--|--|
|  pastry |  knife and board |
|  mince |  grater |
|  onion |  tea towel |
|  carrot |  bowl |
|  zucchini |  oven tray |
|  tomato sauce | |

Match the picture to the sentence

1. The girl is cracking an egg.
2. The boy is stirring the cake mix.
3. The man is putting the butter in the fridge.
4. The lady is cutting the lemon with a knife.

