Lunch

Open prawn sandwich with fresh dill

Cottage cheese stirred with dill and a hint of chilli heat sits on crisp toasted bread, layered with cool cucumber and plump king prawns. A light, fresh sandwich that comes together in minutes.



Nut free | Low fat

5 min	201	22 g	4.9 g
time	calories	carbs	sugars

Ingredients, 1 serving

- [ ] 1 brown sandwich thin, halved
- [ ] 80 g reduced-fat natural cottage cheese
- [ ] 1 sprig fresh dill
- [ ] 1 splash Tabasco sauce (optional)
- [ ] 30 g cucumber, thinly sliced
- [ ] 50 g cooked and peeled king prawns

Method

- [ ] **1** Give the two halves of the brown sandwich thin a quick, gentle toasting.
- [ ] **2** Snip the feathery leaves away from the fresh dill sprig and stir most of them through the reduced-fat natural cottage cheese, working in the Tabasco sauce as well if you are using it.
- [ ] **3** Spoon the cheesy mixture generously over the toasted halves.
- [ ] **4** Arrange the thinly sliced cucumber across the top, then tuck the cooked and peeled king prawns on top of that.
- [ ] **5** Finish with the reserved dill, add the final splash of Tabasco sauce if you fancy a little more kick, and serve.

Nutrition Facts

Per serving

Calories	**201**
Total fat	2.7 g
Saturated fat	1 g
Sodium	Not listed
Total carbs	22 g
Fiber	2.3 g
Total sugars	4.9 g
Protein	21 g

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