

Egg, Smoked Salmon and Cucumber Double Decker Sandwiches



Serves: 6 people

User Rating: ★★★★★

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Ingredients

- 4 eggs, hard boiled and peeled
- 4 tbsp low fat mayonnaise
- 9 slices wholegrain bread
- 100g smoked salmon, sliced
- 1 medium size Lebanese cucumber, peeled and thinly sliced
- ¼ spanish onion, peeled and thinly sliced
- Pepper to taste

Method

1. Place eggs into a bowl, add mayonnaise and pepper and mash with a fork.
2. Place four slices of bread onto a clean surface. Top with salmon, cucumber and onion. Top with another slice of bread and spread over the egg mixture.
3. Finish with the remaining bread slices. Cut into fingers and serve.

Notes

Delicious with baby capers in the smoked salmon layer

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
159g	1040kj 249kcal	15.4g	8g	1.6g	26.2g	5.3g	528mg	4.5g

All nutrition values are per serve.