

*a fresh approach*

### Ultimate Fish Finger Sandwich

Serves: 10  
Preparation time approx. 30 minutes

**Ingredients:**

- 30 Birds Eye Foodservice Omega 3 Fish Fingers
- 10 crusty flat French rolls or pieces of ciabatta bread
- 10 poached eggs
- 10 small sliced tomatoes
- 1 shredded iceberg lettuce
- 10 tsp low fat yoghurt
- 4 sliced avocados
- Chopped dill herb
- Lemon juice



**To prepare:**

1. Cook the fish fingers as per pack instructions
2. Halve and toast the bread
3. Poach the eggs so they are still soft in the middle but not runny
4. Mix the shredded lettuce with the yoghurt and season with dill and lemon juice
5. Spread both pieces of bread with lettuce mixture
6. Place sliced tomato and avocado on one piece of bread and top with the grilled fish finger and egg
7. Carefully lay the other piece of bread on top

Nutrition Information calculated per serving				
Calories	Sugar	Fat	Saturates	Salt
560	7.5g	27g	5.3g	1.6g
28%	8%	39%	27%	27%
Of an adult's Guideline Daily Amount*				

\*Guideline Daily amounts are guidelines only for adults. Individual requirements will vary depending on age, gender, weight and physical activity.

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