

Mediterranean Club Sandwich



Easily made
Gluten
Free

Serves 4

£1.11 per
serving*

You'll need:

8 Slices of wholemeal/seeded bread
2 good sized courgettes
3 tomatoes
1 small lettuce (or 2 gem lettuces)
1 heaped tablespoon of Vegan green pesto
3 tablespoons of Vegan Mayo
A little oil



How to do it:

To make your sandwich filling, Wash and chop the end off your courgettes and then cut in half before finely slicing into pieces about 0.5cm thick.

Lay your pieces into a frying pan with a little rapeseed oil and pan fry for about 15 minutes (turning halfway through) until they catch a little on each side and soften.

You can also oven bake your courgette slices if you prefer, just make sure that you line a baking tray and lightly oil your courgette pieces to get the same effect.

Wash and slice your tomatoes and lettuce ready for constructing your club sandwich.

Finally, when you have all elements prepared, lightly toast your breads then blend your mayo with the pesto before smearing a layer of pesto mayo mixture on each toasted slice.

Layer half of your slices up with generous amounts of lettuce, cooked courgette and sliced tomato before then topping with a pesto mayo smothered bread slice.

Slice in half to serve.