

Roasted pumpkin, lamb and spinach sandwich

Makes 1

Preparation time: 5 minutes

Cooking time: 5 minutes

1 whole grain bread roll or 2 large slices whole grain bread

2 slices roast fully trimmed lamb (see tip)

2 pieces roasted pumpkin (see tip)

½ tomato, thinly sliced

30g (1 large handful) baby spinach leaves

Whole grain mustard to serve, optional

Grill or toast bread roll (or bread slices) until golden.

Top one side of roll with the spinach, pumpkin, tomato and lamb.

Spread with a little mustard (optional) and top with other half of roll. Serve.

