



# Mini Pinwheel Sandwiches

(makes 20 small sandwiches)

Preparation time = 40 mins

## Method

1. Wash the lettuce leaves in the colander. Dry with kitchen paper and tear into small pieces.
2. Wash the cucumber, slice very thinly and pat dry with kitchen paper.
3. Remove the crusts from the bread slices using the bread knife and chopping board.
4. Flatten each slice of bread with a rolling pin
5. Spread the cream cheese onto one side of each slice of bread.
6. Lay the sliced ham or grated cheese onto the sandwich (if using).
7. Arrange about 3 cucumber slices and some lettuce on top of the sandwich filling.
8. Using your fingers, roll up each sandwich, starting from the longer edge, into a long sausage shape. Keep all the ingredients together and firmly packed during the rolling process.
9. Wrap the sandwich rolls in cling film and refrigerate for about 20 - 30 minutes until chilled.
10. Remove the sandwich from the wrap and cut each roll into 5 slices.

## INGREDIENTS

Serves 4

(Makes 20 small pinwheels)

- 4 lettuce leaves
- ½ cucumber
- 4 slices wholemeal bread (medium thickness)
- 150g low-fat cream cheese
- 4 thin slices cooked ham (optional)
- Large handful of grated cheese (optional)

## EQUIPMENT

- Colander
- Kitchen paper
- Chopping board x 2
- Sharp knife
- Bread knife
- Rolling pin
- Table knife
- Cling film