

Salmon and cucumber bagel



* Ingredients

- 1 bagel
- 45g canned salmon, drained
- 6 cucumber slices
- 10g butter or margarine

* Equipment

Chopping board, sharp knife, spreading knife, can opener and plate.



* Method

1. Place the bagel on the chopping board and cut in half.
2. Thinly spread the margarine on each half of the bagel.
3. Place the canned salmon on the bottom half of the bagel and top with the cucumber slices.
4. Top with the other half of the bagel and cut in half.
5. Serve.

* Handy hints

- Try different types of bagel such as multigrain, sesame or onion flavoured.
- Experiment with different fillings, such as tuna, chicken, ham, hummus or egg.
- Add other vegetables such as tomato, avocado, lettuce or sweetcorn.

Serves 1