

BLT sandwich



Ingredients

- 2 rashers of cooked bacon
- 3 slices of wholemeal bread
- 10g butter or margarine
- 2 lettuce leaves
- ½ large tomato



Equipment

Spreading knife, chopping board, sharp knife and serving plate.



Method

1. Spread the slices of bread with butter or margarine.
2. Place lettuce on a chopping board and shred into thin strips with a sharp knife.
3. Slice the tomato.
4. Place the bacon rashers on top of 1 slice of bread. Cover with half the shredded lettuce.
5. Top with a second slice of bread.
6. Place the remaining lettuce and sliced tomato on top.
7. Finish by topping with the third slice of bread.
8. Cut the sandwich in half.
9. Serve on a plate.



Handy hints

- Remember to wash and dry all vegetables before preparing them.
- If using the grill to cook the bacon, place a sheet of foil under the grill tray to collect the fat.
- Always use a separate chopping board and knife for raw meat and vegetables.

Serves 1-2