



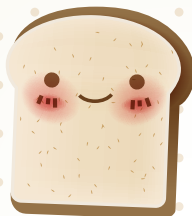
三文治壽司卷

Sandwich Sushi Roll

Serves

2

人分量



食材 Ingredients

麥方包	2片	Wholemeal sandwich bread	2 slices
罐頭礦泉水	30克	Canned tuna	30 g
浸吞拿魚		in spring water	
雞蛋	1隻	Egg	1 piece
甘筍	½條	Carrot	½ piece
青瓜	½條	Cucumber	½ piece
壽司紫菜 (原味)	1片	Seaweed for sushi (original flavour)	1 piece

烹調步驟 Cooking Method

1. 青瓜和甘筍洗淨，切絲備用。
2. 把罐頭吞拿魚隔水，拌入較低脂蛋黃醬，備用。
3. 打勻雞蛋，煎成蛋餅，切條備用。
4. 麥方包去邊，塗上少許蛋黃醬，放於紫菜上（塗上蛋黃醬一面向紫菜）。
5. 於方包上塗上吞拿魚醬，放上青瓜、甘筍和蛋條，捲起，切件即可。



自製健康小食的貼士

Tips for home-made healthy snacks

1. 麥包比白飯含較多的膳食纖維，增加飽肚感。
 2. 紫菜含豐富的碘質，碘質有助維持正常的甲狀腺功能和促進人體生長發育。
 3. 選用低脂的食材，如水浸吞拿魚和較低脂蛋黃醬。
1. Wholemeal bread contains more dietary fibre than white rice and makes you feel fuller.
 2. Seaweed is rich in iodine, which helps to maintain normal thyroid functions and promotes growth.
 3. Choose low-fat ingredients, e.g. tuna in spring water and reduced-fat mayonnaise.

調味料 Seasonings

較低脂蛋黃醬 1湯匙 Reduced-fat mayonnaise 1 tablespoon

1. Wash the cucumber and carrot. Shred and set aside.
2. Drain the canned tuna. Mix it with reduced-fat mayonnaise. Set aside.
3. Beat the egg and make an omelette. Slice and set aside.
4. Remove the crust of the wholemeal sandwich bread. Spread a thin layer of mayonnaise on it. Place the side with mayonnaise against the seaweed.
5. Spread the tuna paste on the sandwich bread. Put the shredded cucumbers, carrots and sliced omelette onto the bread. Roll the bread slice and serve.