

## SMASHING SALMON SARNIE



Here's a tasty way to eat a portion of oily fish. A delicious healthy meal.....with a difference and simple enough for children to make for themselves.



**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use weighing scales; use measuring spoons and cups; chop using bridge technique; use a colander; mash; spread; use the kettle (with adult supervision); season to taste.

**Equipment:** Weighing scales; small bowl, kettle, colander, fork, measuring spoons, spoon, chopping board, bread knife.

**Allergens\*:**

Gluten | Milk | Fish

May contain soya

**Ingredients (serves 2):**

- 1 large ciabatta loaf
- 1 x 180g packet of pre-cooked salmon (we've use sweet chilli flavour, but you can use plain)
- 200g frozen peas
- 1 tbsp reduced fat crème fraiche
- Salt and pepper

**Method**

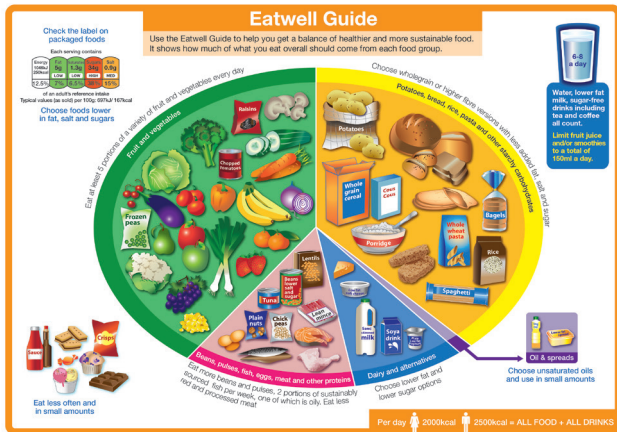
1. Place the peas in a bowl and pour over boiling water. Leave for 5 minutes, drain and run them under the cold water. Leave them to cool.
2. When the peas are dry, add the crème fraiche and roughly mash them together with a fork. Add salt and pepper to taste.
3. Cut the ciabatta in half lengthways, and spread the smashed up peas on the bottom half.
4. Place the pre-cooked salmon on top and serve as an open sandwich.

\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.



## SMASHING SALMON SARNIE

### Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Smashing Salmon Sarnie...

**Ciabatta bread** is a good source of complex carbohydrates which gives us energy.

**Salmon** is an excellent source of protein, as well as a range of vitamins and minerals. It is an oily fish and so contains high levels of omega-3 fatty acids. These are healthy fats and are very good for our bodies.

**Peas** are legumes and like other legumes (beans and lentils) they are packed with protein and fibre. They are also low in calories and fat, and are a good source of vitamins and minerals.



### Energy, sugar, fat and salt per serving

Per 288g serving

**ENERGY**  
2379kJ / 568kcal **28%**

**HIGH** **FAT**  
23g **33%**

**MED** **SATURATES**  
5.6g **28%**

**LOW** **SUGARS**  
9.2g **10%**

**LOW** **SALT**  
0.8g **14%**

% of an adult's reference intake

Typical values per 100g : Energy 826kJ / 197kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.