



Turkey and cheese "sushi" rolls

20'
Hands on

4
Portion(s)

1
Difficulty



Ingredients

- 4 [sandwich bread](#) slices, crustless
- 1 cucumber
- 1 carrot
- 100 g cream cheese, low-fat
- 4 slices of cheese, low-fat
- 4 slices of boiled turkey
- [ketchup](#), to serve

Διατροφικός πίνακας

Nutrition information per portion

239 Calories (kcal)	11.0 Total Fat (g)	6.1 Saturated Fat (g)	19.0 Total Carbs (g)
12%	16%	31%	7%
3.9 Sugars (g)	15.0 Protein (g)	2.2 Fibre (g)	1.1 Sodium (g)
4%	30%	9%	18%

Method

- Lay the [sandwich bread](#) slices onto your working surface.
- With a rolling pin, roll them out one by one so that they become thinner and a bit larger.
- Peel the cucumber, remove its seeds, and cut into thin slices, 8 cm each.
- Peel the carrot and cut it into thin slices, 8 cm each.
- Spread the cream cheese over the sandwich bread slices.
- Place the cheese and the turkey on top.
- Add 2-3 cucumber slices in the middle of the bread and place 2-3 carrot slices next to them.
- Roll on the one side so to cover the cucumber, the carrot, and to create a roll. Press its edge so that it sticks together.
- Follow the same process for the remaining bread slices.
- Cut the rolls in half or into 4 and serve with [ketchup](#).

Tip

You can make the rolls by adding any type of cheese and deli meat that you like!