

BLT Club Sandwich

Serves

4

Prep Time

10 mins

Cooking Time

15 mins



Ingredients

- 8 thick slices of wholemeal bread, lightly toasted
- 4 thick slices of rye bread, lightly toasted
- 3 tablespoons of low fat mayonnaise
- 8 leaves Cos or Romaine lettuce leaves
- 200g crispy grilled Specially Selected Bacon
- 2 medium tomatoes
- Thin strips of cucumber cut length ways (optional)

Cooking Method

- Trim crusts off the bread. Lightly spread with mayonnaise.
- To assemble, place lettuce leaves on wholemeal bread slices, top with tomato, followed by a slice of rye bread, tomato, bacon and cucumber. Finish with slice of wholemeal bread.



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