

GRAB and GO

PLT

Pork, lettuce and tomato served in a crusty roll. Ideal for a breaktime item as a lower salt alternative to the classic BLT.

Makes 10 portions (142g/portion)

Ingredients

500g	10 Green Gourmet Great British Pork Steaks (GG Code - 7933)
560g	10 crusty rolls
200g	iceberg lettuce
100g	watercress
85g (1 medium)	tomatoes, sliced thinly
100g	low fat mayonnaise

Method

1. Cook the Green Gourmet Great British Pork Steaks in a covered oiled tray at 180°C/350°F/Gas 4 for 10 minutes. Remove cover and cook for a further 5 minutes.
2. Add some lettuce, watercress and sliced tomato to a bun.
3. Place the pork on the salad, add a teaspoon of mayonnaise and serve as an alternative to the classic BLT.

Serving Suggestions

This could be served as a main meal with potato wedges and a mixed salad

Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
166.7	3.9	1.1	22.9	0.2	1.1
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
10.8	1.3	1.5	85.2	25.6	4.4
Folate (µg)	Sodium (mg)				
23.7	337.0				

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