

Crunchy Veg and Houmous Subs

Serves 2

Preparation time: 5 minutes

Ingredients:

2 wholemeal, seeded subs, split

6 tbsp of fresh Houmous dip

Quarter each red and orange pepper, cut into sticks

50g cucumber, cut into sticks



Method:

- 1 Slice open the rolls with a sharp knife
- 2 Spread half the houmous in each
- 3 Top with the pepper and cucumber sticks and serve

Nutritional value per serving

Calories: 361kcal

Sugars: 7.4g

Fat: 15.3g

Saturated fat: 2.3g

Salt: 1.48g

This recipe provides two thirds GDA of Vitamin C.

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