



Quorn Vegetarian Roast Beef Steak Sandwich

Serves: 4

Calories per serving: 390

Ingredients:

2 slices Quorn Vegan Roast Beef Style Slices

5 sprays low calorie spray

1 small red onion, thinly sliced

½ tbsp light mayonnaise

½ tsp Dijon mustard

1 slice of sourdough baguette

1 medium tomato, sliced

1 slice Gruyere cheese

A few watercress leaves

Serving Suggestion...(optional)

A side of French fries

Method:

1. Spray a non-stick frying pan with the cooking spray. Place over a medium heat. Add the sliced red onions and sauté for 5 minutes. Remove and set to one side.

2. Mix the mayonnaise and Dijon mustard in a ramekin.

3. Slice the sourdough baguette in half. Spread the cut sides of the baguette with the prepared mustard mayonnaise. Layer the tomato, Quorn Roast Beef Style Slices, Gruyere cheese and

fried red onions into the sandwich.

4. Pre-heat the grill and lightly toast the sandwich for 1 minute to melt the cheese.

5. Add a few watercress leaves to the sandwich and enjoy.