



## **MINICOL PLOUGHMANS**



That tangy ploughmans taste you used to enjoy is back on the menu with a healthier miniCol twist!

**Ingredients:**

130g of miniCol, sliced  
2 thick slices of fresh, home baked white bread  
2 to 3 tbsp of Pickle  
2 to 3 tbsp of chutney i.e. apple and date  
Sweet gherkins  
Pickled onions  
Lettuce  
Cucumber  
3 tomatoes, sliced

**Preparation:**

1. Divide all ingredients between two plates to assemble open-face sandwiches.
2. An excellent, versatile recipe whereby your choice of cheeses, salad, relishes and salad dressings can be added.

**Serves: 2**